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WHY
WOMEN LIE
ABOUT
MONEY

P 79

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PASTAS!



Peas & Bacon
Tortellini Alfredo

P 100

QUICKIE
CAKES,
LOAVES AND
MUFFINS

LANCÔME

PARIS



HIGHLY CONCENTRATED
IN PROBIOTIC FRACTIONS

#LOVEYOURAGE



THE MORE I LIVE,
THE YOUNGER I AM.

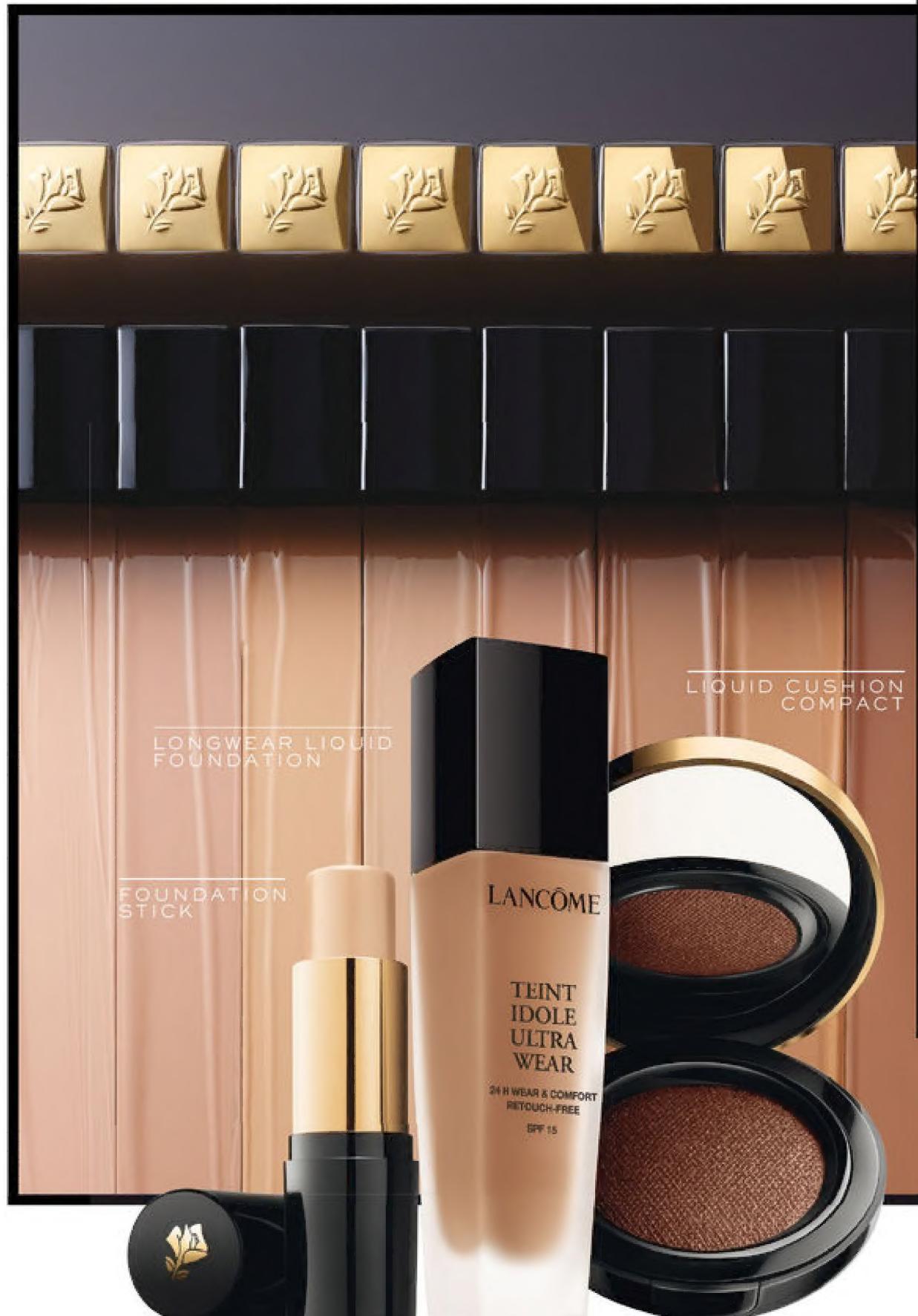
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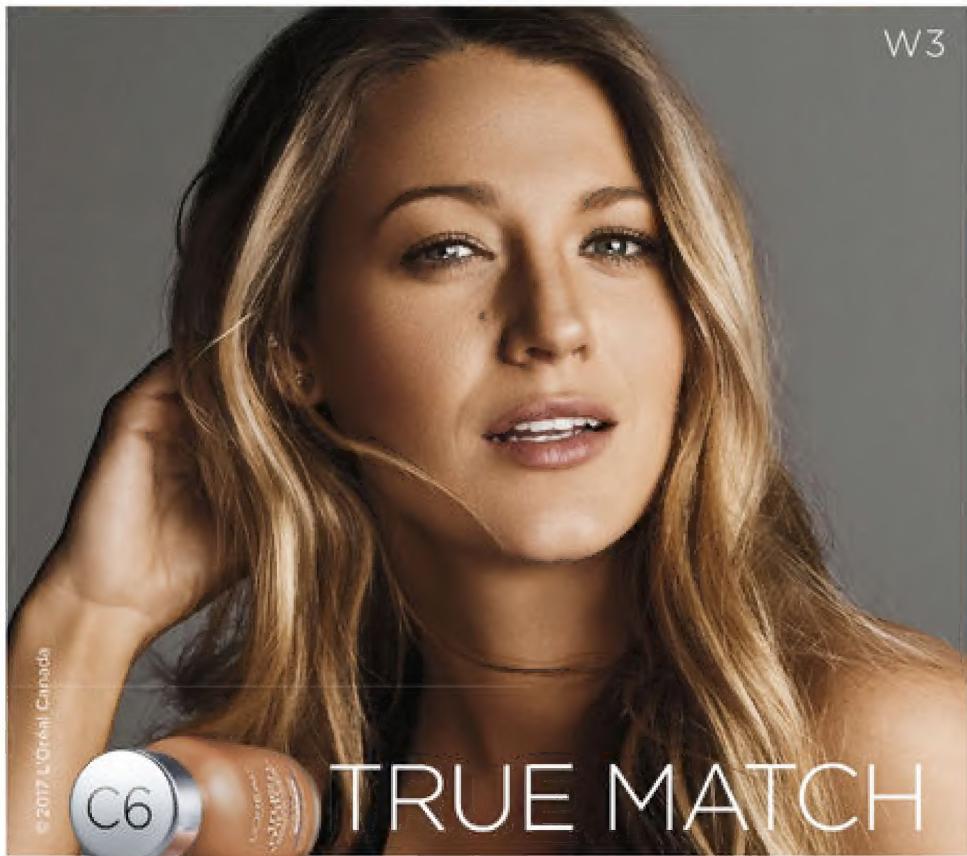
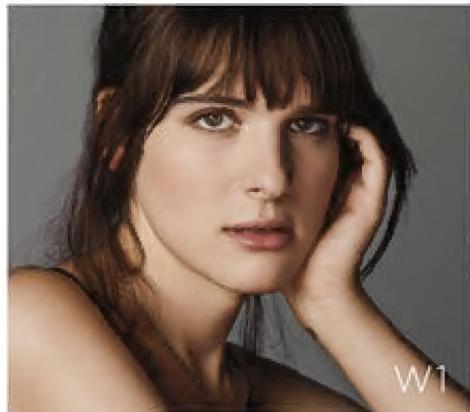
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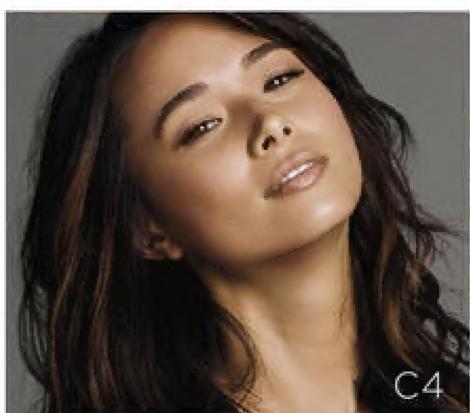
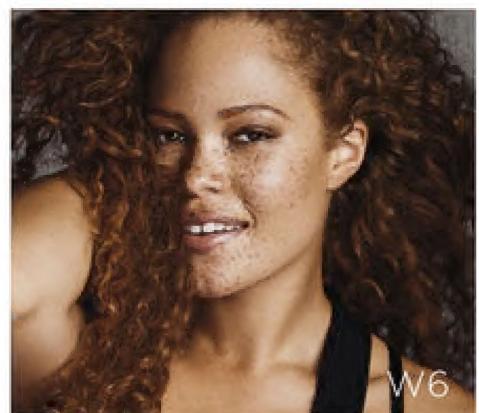
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ASKING FOR GRANDKIDS.



STRESS TESTED
FOR WOMEN

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Volume 90,
Issue #03

March

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CHATELAINE
TWITTER POLL
ARE YOU MORE
COMFORTABLE
TALKING TO FRIENDS
ABOUT SEX OR
ABOUT MONEY?

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MONEY

50%
SEX

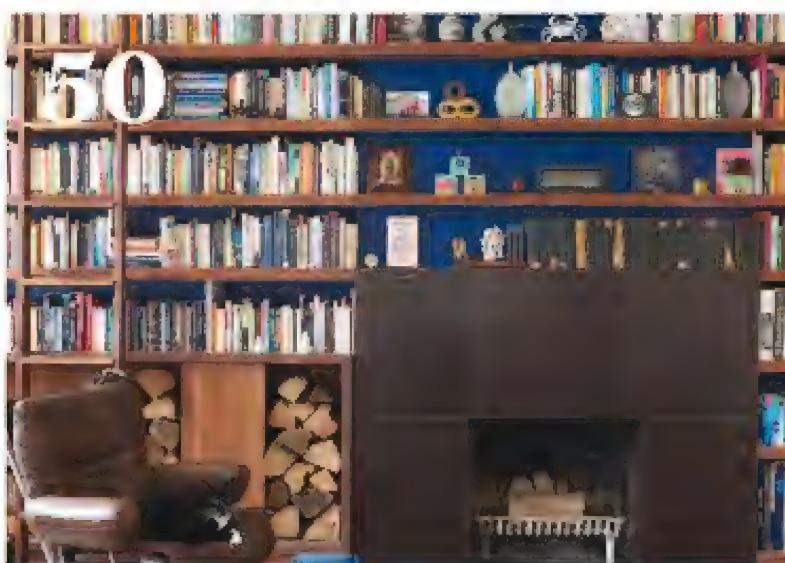
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SUPERSTART

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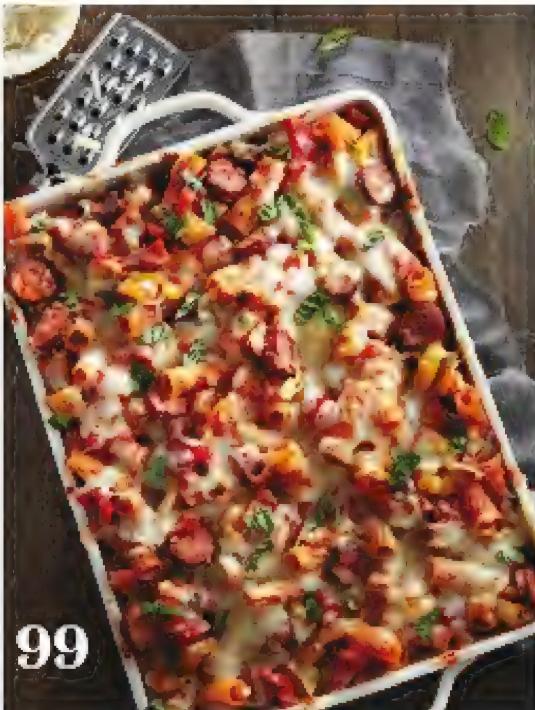
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Elizabeth Arden

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Eight super-easy, super-tasty baked goods that whip up in a jiffy.



We test every single recipe in the Chatelaine Kitchen at least three times (sometimes even more!) to make sure it's delicious and foolproof. We also make sure the recipes are easy to follow and shop for. Volunteer to be a home tester at testing@chatelaine.com.

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Full circle

Without a doubt, the best part about working at Chatelaine (besides the fact that, even as I write this, someone is handing me a slice of cheesecake from the test kitchen) is the stories we get to tell, from women across the country. Sometimes they're funny, sometimes they're heartbreaking. Some end in triumph and others come with hard lessons. And when you're a magazine that's been around as long as this one has, sometimes there's even the opportunity to revisit a story years later when another chapter unfolds. Such

is the case this month with journalist Julia Nunes' mind-boggling feature on the life story of Janet Keall, "The Baby on the Doorstep" (page 82).

Julia first told Janet's story in the December 2005 issue of Chatelaine. At the time, Janet was a 28-year-old mother of two in Vancouver who had been searching for her birth mother for a decade. As an infant, she had been found on a hospital doorstep in Prince Rupert, B.C., wrapped in nothing but a bedspread. She was subsequently adopted and raised in a happy home; still, she spent much of her adult life searching for answers about her true origins. "I know what I've got, and I don't take it for granted," she said then. "Yet... it will never wipe out the emptiness. It will never wipe out the grief I feel."

Last summer, Julia got in touch to inform us of several major developments in Janet's investigation—and to say that the details are stunning is an understatement. In this issue, Julia follows as Janet, armed with new information, goes back to Prince Rupert to meet some key people in her story and finally get some real answers. I guarantee that Janet's story, 40 years in the making, is not like any you've ever read.

Also in this issue, the Chatelaine Kitchen presents delicious comfort food recipes—including cheesy pastas (page 99) and quick breads, muffins and cakes (page 107)—to see you through the last stretch of winter. Finally, we're excited to kick off our new partnership with President's Choice in honour of Canada's 150th birthday. Between now and July 1, we'll be reimagining Canadian classics to reflect the way Canadians eat today. You'll find our first co-creation, the Double Maple Doughnut, on page 96. Stay tuned for more updated classics in our May and July issues.

Lianne George
letters@chatelaine.rogers.com

Correction

In our February 2017 story "Soup it up," we forgot to include credits for the gorgeous dishware from Herriott Grace, herriottgrace.com; Golem Designs, etsy.ca; and Mud and Stone, etsy.ca.

MISCELLANEOUS THINGS WE LEARNED THIS MONTH



How to make the best chocolate marble loaf.

P 111



Copper accessories are everywhere—and we love it.

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It's possible to mansplain mansplaining.

P 73



The etymology of the word vitamin.

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THE QUEST FOR AN AFFORDABLE ANTI-AGING PRODUCT ENDS HERE.



ELISABETH BOUHADANA
Global Scientific Director, L'Oréal Paris

We've known for a long time that aging isn't just about wrinkles, which is why your current routine probably includes both a wrinkle-fighter and a serum to restore elasticity and skin radiance. Today, we're excited to introduce a cutting-edge 2-in-1 that targets not one or two, but all key signs of aging.

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YOUR SKINCARE QUESTIONS ANSWERED, LIVE.

Toronto's top cosmetic dermatologist, Dr. Julia Carroll, will host several Facebook Live events for L'Oréal throughout the month of March. **Follow L'Oréal Paris on Facebook for updates.**

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MARCH/APRIL

'17

notebook

What to read, watch, do and love this month



More green-thumb inspiration: 70 recipes to cook from your garden. \$50.



FIRST THING

Hang on 'til tulip season

Unless you're lucky enough to live on Vancouver Island, where tulips flourish in February, March doesn't feel much like spring in Canada, but it's prime time to gather inspo for your garden. Canada Blooms, the largest flower and garden festival in Canada, draws some of the world's best horticulturists, who teach over 200 workshops and plant envy-inducing plots that'll keep you dreaming until May.

Canada Blooms, March 10–19 at the Enercare Centre, Toronto.



MS. CHATELAINE

Cassie Stuurman

This Ontario student discovered an ice sheet on Mars bigger than Lake Superior

By DIANA DUONG

Ever since space explorers checked the moon off their to-do lists, they've been fixated on the next big thing: Mars. As Earth's neighbouring planet with a history of warmer temps, it's often regarded as a potential home for humans after the environmental apocalypse. But even if we made the eight-month voyage, survived space radiation and adapted to the planet's thin atmosphere, we'd need a local water source before we could set up, Matt Damon-style.

Cassie Stuurman, a Toronto-area student taking geophysics, discovered exactly that. In 2013, a professor at Western University asked her to scroll through hundreds of NASA radar



Age 25

Occupation Geophysics

research assistant

Hometown Brampton, Ont.

Lives Austin, Texas

Loves Rocks, Burning Man,

corgis

soundings and images of a Martian lava plain called Utopia Planitia. A glacier expert, he suspected there might be ice there but had no idea how to prove it.

After months of trying to confirm the hypothesis and getting nowhere, Stuurman went to work with a specialized group at the University of Texas Institute for Geophysics. There, she finally identified an ice sheet bigger than Lake Superior (about 375,000 square kilometres). Ice, which can be melted for drinking or split into oxygen and hydrogen for rocket fuel, has been found on Mars before but never in this volume at this relatively temperate latitude, which means Utopia Planitia could provide a landing site for future astronauts.

"When I could see there was something in the data, I couldn't stop looking at it," she says. "I felt the thrill of discovery for the first time. It was a high; it was euphoric—I was looking at something on Mars no one has seen before," she says. Her finding, which was published in *Geophysical Research Letters* in late November, made international headlines.

Stuurman never envisioned herself working in space. She spent her childhood in Ontario, collecting minerals and going to an amethyst mine, and by age 10 she had already decided she would become a geologist. "I've always liked chasing shiny things. That brought me to this field of study—that, and I just wanted

to travel and have fun. I don't believe in putting things off and waiting until later to chase my dreams."

For now, though, she's back at work in Texas with a fellow Toronto planetary scientist, trying to figure out how the ice developed on Mars. They will present their findings at the Lunar and Planetary Science Conference near Houston, Texas, this month.

With her career poised for a meteoric rise, Stuurman has her eye on NASA or the European Space Agency, and in 20 years she'd like to be working at the Canadian Space Agency, helping manage science missions for a future Canadian Mars colony. ☀

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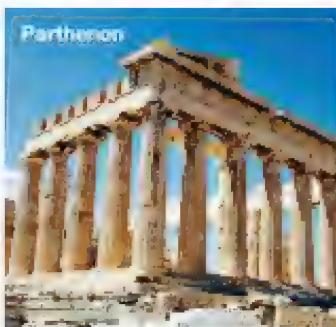
*Based on results after 15 days of side-by-side clinical test comparing Active Infusion Youth Serum with encapsulated NIA-114 spheres vs. Active Infusion Youth Serum without encapsulated NIA-114 spheres.

A NOVEL TAKE ON

Athens



In the late '80s, after dropping out of high school, Cara Hoffman headed to Athens in search of adventure and under-the-table work. That same bold, restless spirit cuts through her third novel, *Running*, about three wild and determined teenagers hustling their way through the city's underbelly. "At the time I was living in Athens, it was filled with expatriates looking for a better, more interesting life," Hoffman says. She gets the appeal: "There is a great convergence of cultures there. It's an immensely beautiful place." — Danielle Groen



The inspiration
Running,
Cara Hoffman, \$35

Stay
A two-minute walk from Athens' neoclassical central market and 20 minutes from the very classical Acropolis, Fresh Hotel has bright, comfy rooms at a bargain price. Bicycles can be rented, a superb rooftop bar serves cool drinks, and suites on the eighth floor come with views of the Parthenon. Rooms from \$112, freshhotel.gr.

Do
Athens has plenty of lovely neighbourhoods for a stroll (Plaka has cobblestone streets and pastel mansions; Exarcheia has amazing graffiti and murals), but if ever there's a place to play tourist, this is it. "It is essential to go to the ruins, to see the Acropolis, the Parthenon, the Roman Agora," Hoffman says. "Going to these places is life changing." Get a different vantage on all that history by hiking up Mount Lycabettus, a 745-foot peak smack dab in the middle of the city. (A funicular will also take you to the top.) Time your arrival for twilight, when you'll see the most magical views.

600
Number of citizen votes needed in ancient Greece to ban a politician from the city for 10 years.

For lovers of ancient Greece (and awful puns)



Euclid T-shirt, \$19, philosophersguild.com.



Sisyphus keychain, \$5, zazzle.ca.



Centaur greeting card, \$5, ohhdeer.com.



TRAVEL

Cozy up in Quebec City

Five must-see stops for an indulgent escape in the historic capital

By NANCY WON

MINIBO PHOTO, BRUCE DAMONTE MAP/ILLUSTRATION: LEE ANDRA CINCHI

1. Le Monastère des Augustines

Founded nearly 400 years ago by the Augustinian Sisters, this historic monastery-hotel has, thanks to a multi-million-dollar renovation, emerged as the city's hippest wellness hotel. Combining the building's charming heritage vibes, slick modern architecture and a heavy dose of digital detox (instead of WiFi and TV, think meditation classes and yoga), this boutique stay brings old-world healing into the 21st century. monastere.ca.

2. Kraken Cru

This tiny, 12-seat oyster bar, by the crew behind such in-demand hot spots as Patente et Machin and L'Affaire est Ketchup, is one of the buzziest dining rooms in town. Feast on fresh bivalves and tasty seafood tapas from the carefully curated, raw-focused menu scrawled across a chalkboard. The intimate, unpretentious room is filled with delightfully boisterous locals and a charming, laid-back vibe. 190 Rue Saint-Vallier O., 581-741-9099.

3. Saint-Roch District

The best way to shop in Quebec City is to put on a pair of comfortable shoes and wander its distinct neighbourhoods. There's picturesque Petit Champlain and bustling Rue Saint-Jean, but the trendy and recently revamped Saint-Roch is where you'll find local style seekers browsing boutiques like Swell & Ginger and hunting for vintage and modern scores at industrial chic design store Bois & Cuir. swellandginger.com; boisetcuir.com.

4. Sibéria Spa

For Quebecers, there's no better way to unwind than indulging in a long, hot soak surrounded by glorious, woodsy nature. Sibéria Spa offers just this. Its rocky, tree-lined baths, scenic waterfalls and rustic wood cabins make for the city's most luxurious escape. Alternate between outdoor hot tubs, Finnish saunas, eucalyptus steam and thermal falls, or just find your Zen by a cozy fireplace in one of the peaceful relaxation zones. siberiastationspa.com.

5. Musée national des beaux-arts du Québec

The addition of a \$100-million wing designed by Shohei Shigematsu has made MNBAQ the crown jewel of the arts district. The 15,000-square-metre building — boasting a sleek glass hall, spiral staircase and grand interior courtyard — houses the collection of contemporary Quebec art, including 9,000 works never before displayed. mnbaq.org.

Next Stop



WHY DO YOU ALWAYS STOP WORKING OUT IN MARCH?

We know, we know. We prefer cozying up with a good magazine and a warm cup of tea too. But, if you're going to drop one good habit, maybe you should pick up another simpler one.

Scar and
stretch mark
product most
recommended
by doctors.*



"I picked up Bio-Oil on a whim while walking through the pharmacy. The product works. I am 47 years old and I have a few stretch marks, a couple of old faded scars, and dark bags under my eyes. After using Bio-Oil the appearance of the stretch marks is better, the bags are less noticeable (I get compliments all the time now on how young my face looks) and the scars also look way better. I will continue to buy Bio-Oil. It works."

Phenix Hall

Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for aging and dehydrated skin. For comprehensive product information and results of clinical trials, please visit bio-oil.com. Bio-Oil is available at drugstores and selected retailers. Individual results will vary.

*The Medical Post & Pharmacy Practice • 2016 Survey on OTC Counselling & Recommendations

style

Keep your shirt on

A crisp white button-down is an undeniable classic—but the piece can sometimes feel a tad boring. So we perked up when designers unveiled a slew of interesting variations this spring, featuring cut-out details around the shoulder; playful, puffy sleeves; and longer hemlines that allow the shirt to double as a loose-fitting dress when warmer weather finally arrives.

Top: \$85, ironkandook.com
Kendall + Kylie pants: \$218, thebay.com **Bag:** \$128, canadafrenchconnection.com



Hair and makeup: CA MANDARIN FOR OPTIMICA USING MAKE UP FOR EVER AND KIMM MURPHY.

HOW-TO

Small talk

Ann Taylor
fashion director
Lauren Blane on
how to dress a
petite frame

Embrace mid- and
high-rise pants.

A higher waistline
elongates your legs.

Mix and match.
Balance a wide-leg
crop pant with
a more fitted top.

Wear flats if
you want.

You do not have
to live in heels.
But hem your
pants just above
the ankle for the
most streamlined
silhouette.

Make friends
with a tailor.

A quality
alterationist
can work frame-
flattering magic.

Pay attention to
the proportions of
your shoulders.

Bell sleeves are
everywhere—
even on Michelle
Obama. But
you don't need
Michelle Obama's
height for this
trend, as long
as the shoulders
fit well.



» *Swamping: When a small frame is completely drowned by oversized clothing and excess fabric.*

Swim club

Need a suit for your March break escape? These bathers might be black, but they are anything but basic



1. Classic crochet combined with slinky cross-back straps supplies some racy detailing. \$90, billabong.com 2. A deep V paired with pretty lace is the perfect sweet-but-sultry combo. \$35, hm.com 3. You can absolutely wear a plunging neckline with a large bust. The trick? Balance it with thicker shoulder straps for support. \$128, jcrew.com 4. Boost a small bust with moulded demi-cups (this suit can be worn strapless too). \$49, joefresh.com 5. This bather promises to provide three times the control for a shaped silhouette. Miraclosuit. \$210, bikinivillage.com 6. Ruffles and one-shoulder detailing are a great way to accentuate smaller frames. \$45, oldnavy.ca 7. Suit up with some scalloped trim—it's this season's hottest trend. \$755, jcrew.com

TECH CRUNCH

Clean up your act

Want to get serious about greening your beauty game? With a database of half a million items, Think Dirty ranks makeup and skincare products on a scale of 0 (does not contain any harmful ingredients) to 10 (throw out immediately). Scan a bar code with your phone and the app reveals the product's toxicity ranking, ingredients and popularity among Think Dirty users. It suggests great all-natural alternatives too. thinkdirtyapp.com.



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Neutrogena® Rapid Wrinkle Repair®

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#1 Dermatologist recommended*



BEAUTY MYTHS

Facing facts

We've become pretty good at separating beauty truth from beauty fiction, but some myths stubbornly persist. So we called in the experts to tackle seven of the biggest misconceptions when it comes to your skin

By CAITLIN AGNEW | Photography by DANIEL EHRENWORTH

A horizontal arrow pointing to the right, indicating a continuation or next step.

METH 61

Using makeup with SPF means you can skip the sunscreen

In addition to causing 80 to 90 percent of all skin cancers, sun exposure is the number-one culprit of skin aging. So if you're looking for multi-tasking products that offer suncare and help your complexion, remember that not all sunscreens are created equal. "The majority of makeup will have an SPF of 15 or 20. That's inadequate," says Montreal-based dermatologist Dr. Roni Munk. Look for products that have a mineral base with physical blockers (like zinc or titanium dioxide), UVA and UVB protection and an SPF of at least 30. And don't skimp on application. "The problem is that most of us use a tiny bit, so we get only a small amount of SPF protection," says Dr. Shannon Humphrey of Vancouver cosmetic dermatology clinic Carruthers & Humphrey.

MYTH #2

An expensive cream is better than a cheap one

"I'm so surprised at what people will shell out for certain creams," says cosmetic physician Dr. Diane Wong of Glow Medi Spa in Toronto. (She blames branding and marketing for the high price tags.) Wong recommends scheduling regular consultations with a dermatologist to find out which ingredients your skin needs at which times of the year. As you would at the grocery store, read labels and pay attention to how much of each active ingredient is in the cream. "Customization of the appropriate products is the most important thing, not the price," Wong says.

MYTH #3**If your mother aged well, so will you**

What your mama gave you is a huge factor in aging, but so are your lifestyle choices. "My mother has beautiful skin because she grew up in Asia, where it was fashionable to carry an umbrella," says Wong. While UV rays may be the biggest contributor to skin aging, influences like stress, sleep, diet, smoking and pollution can make you age in ways your mom didn't. "We have many different environmental factors than our mothers did, so we can't make assumptions," says Humphrey.

MYTH #4**You can catch eczema**

Eczema is a general name for irritation or inflammation of the skin. According to the Canadian Dermatology Association, atopic dermatitis, the most common type of eczema, affects up to 17 percent of Canadians. It can be caused by any number of factors, such as an allergic reaction or overactive immune system, and it can be hereditary, but it's definitely not something you can catch or pass along to someone else. "Usually, the underlying cause is a defect in the skin barrier," says Munk. "You tend to lose more water through the skin, and because of that, it's very easy to get this inflammatory reaction that causes eczema."

MYTH #5**Naturally derived ingredients are safer**

As we become better informed about the effects of processed and GMO foods on our health, we're also reconsidering the effects of

chemical products on our skin. But natural doesn't always mean safe, nor does it mean it's right for your skin's needs. "Snake venom is very natural, but obviously it's poisonous," says Munk. Wong adds, "Some natural products may be good for some people's skin, but not for others."

MYTH #6**Drinking water moisturizes your skin**

Staying hydrated definitely helps the health of your skin, but it won't make much of a difference to your dermal hydration levels. "When we drink water, a lot of that water goes to the inside of the body, to the organs and the blood," says Munk. To keep skin hydrated, your best bet is to reach for a moisturizer. If your skin is particularly dry, look for serums, which penetrate deeper; use hydrating masks, especially during dry winter months and during flights; and exfoliate so that your skin can better absorb all of a product's active ingredients.



Travelling east across time zones is harder on our system than travelling west, causing more severe jet lag and drier skin. That's because our natural circadian rhythm lasts slightly longer than 24 hours, so it's easier for us to extend the length of the day than shorten it.

MYTH #7**Staring at your computer can make you look older**

While you may feel worn down after a long day at work, there are no published studies that show that rays from your computer or phone screens give you wrinkles. However, Wong does say that over the past five years or so, she's seen an uptick in twentysomething women coming to her clinic with concerns of frown lines. "If you're on the computer all day, you tend to frown because you're concentrating," she says. When you notice a furrowed brow, take a break from your screen and reset your expression.

AN ECZEMA SOLUTION**RECLAIM YOUR SKIN. BREAK THROUGH ECZEMA.**

While there is no definitive cure for eczema, there are a few ways to relieve flare-up symptoms like itchy and scaly skin, including frequent bathing, moisturizing and applying specialized skin-care products like Dermakalm Eczema creams.

Dermakalm creams are available without a prescription and were developed by leading dermatologists.

- Corticosteroid-free
- Fragrance-free
- Paraben-free
- Non-greasy

Dermakalm creams are specially formulated with an innovative active ingredient that helps provide temporary relief of eczema symptoms.

For more information:
DERMAKALM.COM



These products may not be suitable for you. Always read and follow the instructions on the label.

THE CHANGE UP

FIVE RIDICULOUSLY EASY
HAIR TRICKS THAT WILL INSTANTLY
TRANSFORM YOUR LOOK

Style direction by
VANESSA TAYLOR

Photography by
SATY + PRATHA

Hair by
KRISTJAN HAYDEN

Makeup by
CIA MANDARELLO





← TRICK 01

Create waves

"Waves instantly make hair appear fuller, softer and more youthful—and they work on every length," says Kristjan Hayden, the creative director of Aveda Canada. A flat iron will best serve thicker locks, because it condenses your hair (so no giant '80s do), while a curling iron gives texture to fine hair without reducing its volume. To get an unfussy, natural wave, twirl the first section away from your face, then alternate directions for each wave after that. And adjust the heat setting for your hair type: high heat for thick strands, low heat for finer ones.

Top, \$35, hm.com.



← TRICK 02

Cut a fringe

There's a reason that just about every woman has at some point flirted with bangs: They accentuate your cheekbones and provide an instant lift to your face. (Plus, you can just dampen and blow-dry them in the morning, leaving day-old texture in the rest of your hair.) "I cut transitional bangs here, so the ends are really soft and textured and gradually blend into face-framing layers," Hayden says. That means that, unlike blunt bangs, they don't need to be trimmed every few weeks and can easily transition into a side-sweeping fringe.

Earrings, \$75,
carolineneron.com.
Top, model's own.

TRICK 03 →

Keep it hydrated

A vibrant shine that's not too oily can require a delicate balance. Stay away from shampoos that are overly aggressive (they may be listed as "cleansing" or "detoxifying"), which strip hair of its much-needed oils. Instead, opt for a moisturizing shampoo and conditioner — though if they contain silicone, be mindful of adding styling products with more silicone, since too much of the stuff will create buildup in your hair and leave it dull. "Typically, curly hair is drier than other types, so definitely stay on top of maintaining ends with regular trims," Hayden says. A little shine oil or leave-in conditioner on the ends will banish frizz and give you a glossy finish.

Michael Michael Kors top, \$125, michaelkors.co.
Earrings, \$75, jenny-bird.co.





← TRICK 04

Add layers

Playing with length in your hair is an easy way to make a big change — the key is to choose your cut. Fine hair will benefit from a few soft, face-framing layers that don't reduce volume, while thick hair can take a more textured approach. "For that style, a razor is used to make vertical cuts, rather than horizontal ones, so you never end up with blunt edges," Hayden says. To add more oomph to your do, spritz towel-dried hair at the roots with a booster and blow-dry, then throw in a few large rollers. (Even three at the crown make a noticeable difference.) Leave 'em in while you're getting dressed and your hair is cooling for full, bouncy volume that showcases your layers.

Michael Michael Kors top, \$250, michaelkors.ca.

TRICK 05 →

Hand-paint highlights

Sure, all-over colour has short-term appeal — it's so easy to apply at home — but hand-painted highlights offer major long-term gain: There's no blunt line where dye stops and regrowth begins, which means you don't have to have the colour touched up as often. (In fact, Hayden says, "a bit of regrowth is part of the look.") Subtle contrasts of colours, like shades of blond or light brown, against your natural hue will create the illusion of a fuller head of hair.

*Top, \$90, annataylor.com.
Necklace, \$125, corolineneron.com*



[HAIR PREP]

MANE SQUEEZE

From dry shampoo to leave-in conditioner and texturizing spray, here is everything you need for a whole week's worth of good hair days



1.

SHAMPOO

Rest assured, you'll have major colour protection. OGX Hydrate & Color Reviving + Lavender Luminous Platinum Shampoo, \$11.

2.

FINISHING SPRAY

Boost body and spritz on shine. AG Hair Tousled Texture Body & Shine Finishing Spray, \$24.

3.

DRY SHAMPOO

Refresh and revive your roots. Aveda Shampure Dry Shampoo, \$39.

4.

CONDITIONER

Silky strands without the silicone. Garnier Whole Blends Legendary Olive Transforming Leave-In Conditioner, \$9.

5.

LEAVE-IN TREATMENT

Apply. Wait. Add heat and voila, you've reset your hairstyle. Kérastase L'Incroable Blowdry Heat Lotion, \$41.

6.

DRY SHAMPOO

Add bounce to your day- (or week-old) hair. Cake Beauty The 'Do Gooder Volumizing Dry Shampoo Spray, \$19.

7.

ROLLERS

The easiest route to va-va-voom volume. Goody Amp It Up Self-Holding Rollers, \$5.

SKINACTIVE

THE ACTIVE WAY TO BE



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1/2 a bottle of hydrating serum in just 15 minutes

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REENERGIZES

Strengthens skin's natural barrier.

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For instantly softer, healthy-looking,
glowing skin.



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OILS in bloom



NUTS about ARGAN

Moroccan argan single-handedly put beauty oils on the map. Used since the dawn of time (literally), its magical emollient properties seal in moisture, cleanse pores without clogging and protect skin and hair against pollution, cold air and sun exposure.

Want to break out of those postwinter beauty blues?

Jump on the latest trend to hit Canada this spring. **Natural oils.** More specifically, argan, olive, avocado, shea and camellia oils, which have been known for centuries in cultures around the world for their nourishing and purifying properties. These hydrating miracles can save hair and skin ravaged by harsh winter conditions one drop at a time.



Restore dry hair to its natural glory with **Whole Blends Marvelous Oil.** Beyond shampoo and conditioner, this leave-in oil blends nourishing argan oil with shine-enhancing camellia oil to transform hair, repair split ends and illuminate hair. Your hair will look Mah-velous.

GARNIER
SKIN ACTIVE

NEW
NOUVEAU

Clearly
Brighter

Argan Nut
Olive Smoothing Scrub
Exfoliates pores and leaves
skin smooth & shiny
Gently exfoliates
overripe Argan & Olive
Oils and leaves skin
soft, smooth and
radiant.

Shed tired winter skin with **Clearly Brighter Argan Nut Smoothing Scrub**, made with sustainably sourced argan crushed nutshells that gently exfoliate skin and refine pores. The forecast? Clear and bright with healthy, glowing skin for days!



Avocado is in season

In-between seasons is no excuse for in-between hair colour. Dried out hair is usually to blame for lacklustre locks.

Cue the triple threat hydrating power behind **Nutrisse Cream**. Avocado, olive and shea oils nourish hair and add shine. The better the condition of the hair, the better the colour. Something to keep in mind when you're picking that perfect new hue this season.



WHOLESOME LOVING CARE
blended for NATURALLY BEAUTIFUL HAIR

NEW

Whole Blends

MARVELOUS RITUAL

blended with
Moroccan argan and camellia oils

*nourishing &
illuminating blend*
for dry, dull hair



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of wow factor. As in,
*“Wow, I can’t believe
it’s all La-Z-Boy.”*



If you thought you knew La-Z-Boy, think again. There are so many great-looking options, from sofas to chairs to sectionals and more — all with the La-Z-Boy comfort you've come to know and trust. If you still can't believe it, just wait until you sit down.

LA Z BOY®
Live life Comfortably.



See the full collection in our new
Style Book at la-z-boy.com

LA Z BOY

home



Keep your copper products shiny with lemon and sea salt.

Hello, copper

Time to put gold on the back burner: According to Pinterest's trend report, copper is going to take over the decor world in 2017. It's warm and elegant and pairs with everything from marble countertops to dark, moody rooms. Plus, there's no need to splurge—you can find plenty of everyday objects to bring this trendy metal into your space.

Coffee maker, \$60; **straws**, \$18; [well.ca](#). **Candlestick holders**, \$15; \$8; [hm.com](#). **Phone**, \$129; **lamp**, \$100; [cb2.com](#). **Light bulb**, from \$20; [nanoleaf.me](#). **Tape dispenser**, \$13; **pen**, \$8; [ubrands.com](#). **Hanger**, \$16/set of 5; [thelmodernshop.ca](#). **Corkscrew**, \$13; **nail clippers**, \$8; [nikkerland.com](#). **Pineapple shot glass**, \$46/set of 2; [amazon.ca](#). **String lights**, \$34; [urbanoutfitters.com](#).

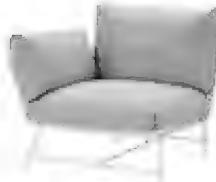
This LED light bulb has a lifespan of up to 25 years.





Two-timers

For its latest collection, Ikea has made its stylish, sensible furniture even more functional. The line is filled with dual-purpose products, like a pillow that unfolds into a quilt, a couch that pulls apart into easy chairs and a self-watering pot that lets you neglect your plants for a full two weeks. The new 50-piece collection launches in February.



Corner chair, \$299.



Table lamp, \$40.



Self-watering plant pot, \$35.



Candlestick, \$20.



NEW & HOMEWORTHY

Greener days ahead

Combat dreary winter days by losing yourself in beautiful interiors filled with bright, thriving houseplants. *Indoor Green: Living with Plants* shows how fig trees and creeping vines can completely transform your home. No green thumb? No problem: Author Bree Claffey also provides care tips and an index of plant varieties that work well for novices.

Indoor Green by Bree Claffey, \$49.

TRENDS

Put a pin in it

Four decor fads Pinterest predicts for 2017



1. MARBLE WALLPAPER

Marble is no longer just for countertops. Wallpaper, \$4/sq. ft., muralswithpaper.com.



2. ESSENTIAL OIL

Make your home smell as good as it looks. This stylish diffuser releases vapour from oil blends into the air. Diffuser, \$110, well.ca.



3. NAVY

Pinterest is calling navy the new black. Paint it on your cabinets or opt for sophisticated accessories. Light, \$319, rejuvenation.com.



4. ACRYLIC

It's easy to find chairs, frames and coffee tables made from this cool material. Table tray, \$119, cb2.com.



Rustique raffiné



Industriel chic



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Mixing it up

A CENTURY-OLD TWO-UNIT BUILDING TRANSFORMS
INTO A SINGLE HOME FIT FOR A MODERN FAMILY

BY ALEXANDRA GATER
PHOTOGRAPHY BY SIAN RICHARDS



PICK A WOOD, PICK A MOOD

The striking floor-to-ceiling bookcase in the living room is made from walnut and holds the couple's impressive book collection. "The dark, rich colour and the grain of the walnut are meant to capture something of the warmth and age of historic libraries," says architect Wanda Ely. **Vintage chair:** atomicdesign.ca. **Sofa:** stylegarage.com. **Throw blanket:** combiedesign.com. **Chandelier:** vintage Millwork, coletechinc.com.



Shawn Winsor and Jennifer Horvath have lived on the same tree-lined street in west-end Toronto for over 15 years—only for the majority of that time, they didn't actually live under the same roof. He lived in a semi-detached on a corner lot, built in the 1880s and purchased by Winsor in 2001; she lived down the street with her two kids, Sharazade and Rostine, now 17 and 14. They met on a cold winter day in 2007, when Winsor helped push her car out of a snowbank.

For the first five years of their relationship, the couple jumped between the two houses, until they decided to bring their families together. Winsor's home, which he shared with his now 23-year-old daughter, Hannah, and a renter in a separate apartment, ticked off more of their design criteria: high ceilings, big windows and a sense of character. The first step? Convert the two-unit building back into a single-family home for the five of them.

The couple had a list of things they wanted in their revamped home—an office, lots of storage for their books and a functional kitchen that had visual interest—which they handed over to architect Wanda Ely. Their goal, and Ely's challenge, was to keep the home's 100-year-old history and charm intact while making it feel updated and modern. Original elements of the home were preserved (the tall lattice windows in the living room, the beautiful tin ceiling in the kitchen and the staircase), while contemporary texture was layered in. There are bold turquoise tiles that resemble overdyed rugs in the upstairs bathroom and many kinds of wood throughout the house.

When it was time to move in last April, the couple had the daunting task of merging two households bursting with belongings into one home. "We got rid of a lot of stuff," says Horvath. "If you ever want to aspire to a minimalist lifestyle, moving three times in nine months is good training." Now the home is an eclectic mix of the items that matter to the couple most—beautiful art, an impressive vinyl collection, artifacts from their travels and enough books to have filled 40 boxes. "As you get older, you focus on things that are high quality and that you really like," says Winsor. "What you see in the house are the things that met that test for us."



PICK YOUR FOCAL POINT

The former kitchen's original tin ceiling was preserved during the renovation and painted black to hide some of its minor imperfections; the colour also connects it to some kitchen elements, like the cabinets, light fixtures and appliances. "It's a bold gesture that helps to define the dining area within the open kitchen area at the back of the home," says Ely. **Ceiling lamp**, thebay.com. **Dining chairs**, amazon.co. **Dining table legs**, mydesignrepublic, myshopify.com. **Painting**, christianmcleod.com.





USE STRIKING BACKDROPS TO SEPARATE YOUR SPACE

Ornate floor-to-ceiling tiles help distinguish the side-entrance mud room from the kitchen. "The beauty of the layout is that the mud room is contained on one side of the kitchen island, while the functional cooking space is restricted to another side," says Ely. *Cushions, cambiedesign.com. Stools, structube.com. Tile, metro.ca.*



TIRED OF BEING TIRED?

**Do you suffer from
any of the following?**

- Fatigue and a lack of appetite?
- Pale skin & dark circles under eyes?
- Difficulty concentrating?
- Chills or catch colds easily?
- Brittle hair or fingernails that chip easily?

You may be iron deficient

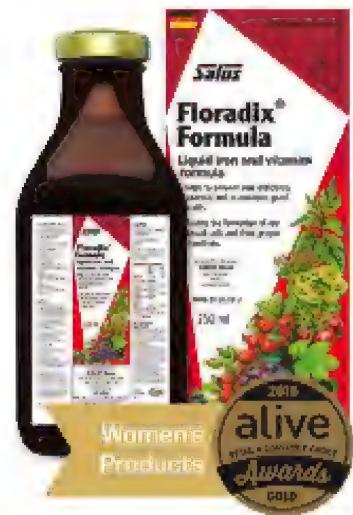
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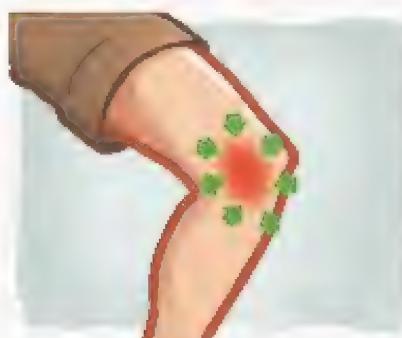
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Pain relief for moving mountains.

Based on traditional medicine and made with natural ingredients, Lakota Joint Care Formula is natural pain relief that works. For reviews and testimonials visit Lakotaherbs.com.

LAKOTA

health

What is a vitamin?

Vitamins are micronutrients, meaning we need only trace amounts to stay healthy. From night blindness to rickets, there's a specific deficiency disease for every absent vitamin. Dietitians tend to agree that we get most of what we need from food, but sometimes we could use a boost.

To find out if you should be taking a supplement, turn the page.



NUTRITION

Added value

Which supplements do we actually need (and why)?

1.

Omega-3

Since we can't make this essential fat in our bodies, we rely on our diet. If you're not a fan of fish, consider an omega-3 supplement. Vegetarians can opt for plant-based sources such as flax, chia or hemp hearts, but these provide omega-3 in the ALA format, which needs to be converted into EPA and DHA in order to help reduce heart disease, high cholesterol and high blood pressure. "The conversion isn't very efficient, so a supplement can still be the best bet," says Krista Leck Merner, a Halifax-based dietitian. She recommends omega-3 supplements in daily dosages of 700 to 1,000 mg of EPA and 200 to 500 mg of DHA.

2.

Calcium

If you're not eating three servings of dairy or leafy greens, you're likely not getting the daily recommendation of 1,000 to 1,200 mg. Leck Merner says a 500-mg supplement should be enough to cover you.

3.

Vitamin D

Canadians can't produce vitamin D in their bodies from the sun until mid-spring, and even then, the amount depends on where you live. Health Canada recommends everyone over age 50 take 400 IU (10 mcg) daily.

Having trouble swallowing pills?



Try a mouth spray. It's like a breath freshener with health benefits. Each spritz contains a whopping 1,000 IU. Jameson Vitamin D Natural Orange Spray, \$14.

THE B TEAM

The different types of B vitamins were originally classified as one because they have a similar chemical structure. But each was eventually found to serve a different nutritional purpose, so B was broken down into its current eight groupings. Over the years, other vitamins, such as G, H and J, have either been reclassified as B vitamins or deemed not to be vitamins, which explains the missing letters.

A brief history of vitamins

1897

Dutch pathologist Christiaan Eijkman notices that feeding his chickens polished white rice causes a nerve disease, but unpolished rice helps them recover. He hypothesizes that the rice skin contains a vital substance.

1906

British biochemist Sir Frederick Gowland Hopkins discovers that no animal can live on a diet of protein, fat and carbohydrate alone. He dubs the missing factor "accessory" substances.

1910

Japanese scientist Umetaro Suzuki isolates the active factor in rice bran, which he calls aperic acid (now known as vitamin B1 or thiamine) and finds it can treat beriberi, a disease that impairs the nerves and heart.

His findings are ignored until Casimir Funk's discovery of vitamins and creation of a name for them.

1912

Polish scientist Casimir Funk finds that pigeons with nerve disease can be cured with a supplement of rice bran concentrate. Funk hypothesizes that these missing compounds could also be the cause of human diseases such as scurvy. He calls them "vital amines," which is later shortened to vitamins.

New

Break through **eczema**.
Reclaim your skin.

Corticosteroid
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Looking for eczema symptom relief? Developed with dermatologists, Dermakalm Eczema creams are non-greasy, free of corticosteroids, fragrances, parabens and artificial colouring. Dermakalm Eczema creams are new specialized formulations, which help provide temporary relief of symptoms of atopic eczema (dermatitis) or hand and contact eczema (dermatitis).

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www.dermakalm.com

These products may not be suitable for you. Always read the label and follow directions.
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 **paladin**



DR. DANIELLE MARTIN

Q: I've heard that the drug mifepristone will soon be available across Canada. How does that affect my options, if I want to terminate a pregnancy?

Until now in Canada, medical abortions—those that involve taking a drug as opposed to having a minor surgical procedure—have been an option only for very early pregnancies. They account for about 5 percent of terminations. That's about to change.

In Europe, where this drug has been available for a while, up to 80 percent of abortions are medical. While we may not reach numbers that high, the availability of mifepristone (under the brand name Mifegymiso in Canada) will definitely lead to a shift here.

There's the potential to reduce wait times within the health care system, since the pill can be prescribed in your doctor's office. And its arrival in Canada also increases the potential number of providers of this service—which could dramatically improve access to abortion care (especially in rural areas), as long as physicians are willing to prescribe it. Not every provider will be willing to do so, but as more doctors learn about it, I think it will become routine work in many primary care offices.

When a woman decides to terminate a pregnancy, the drug also allows her to take charge of the abortion process. In consultation with her physician, she can choose when to take the medication. It's less invasive



and there's no need for anesthesia. There is also less infrastructure required (no need for an operating room).

Mifepristone is currently approved for use in Canada for up to 49 days' gestational age—that's 49 days from the first day of the last menstrual period. It's a pill you ingest, and then 24 to 48 hours later, you dissolve two other tablets in the pouch of your cheek.

Cramps and bleeding start within six to eight hours. It's 99 percent effective, and there's no need to be admitted to the hospital. Essentially, you have a miscarriage in your own home—something, it's worth noting, that women do every day, all over the world.

One to three weeks later, there should be a follow-up for

a blood test (and sometimes an ultrasound) to confirm the intervention was effective. Primary care providers are equipped to arrange both of these procedures.

Between 1 and 5 percent of patients will go on to need a surgical aspiration, so a woman does have to be within a reasonable distance of emergency care for 14 days. But everything else—patient education, counselling of risks and benefits, obtaining consent and writing the prescription—is done within a doctor's office. This could translate into a real shift in reproductive health options for women.

Danielle Martin is a family physician and vice-president, medical affairs and health system solutions, at Women's College Hospital in Toronto.

study
notes



DOES EATING BREAKFAST LEAD TO WEIGHT GAIN?

The research

In a recent study published in the journal *Appetite*, researchers looked at 49 women who normally skip breakfast and split them into two groups: One had to eat at least 15 percent of their daily energy requirements before 8:30 a.m., and the other waited until after 11:30 a.m.

After four weeks, the breakfast-eating group gained 0.8 kg and were eating 266 more calories per day on average.

The caveat

Participants chose what they ate, which usually meant carbohydrate-heavy breakfasts. "Refined carbohydrates won't make them feel full," says Sabina Valentine, a registered dietitian for the Centre for Health and Nutrition at the University of Alberta. "If they had educated participants about incorporating a certain amount of protein or fibre, the results might have been different." Valentine also says that seeing the effects of food-intake regulation takes longer than four weeks.

The take-away

Don't skip breakfast because you're afraid of gaining weight. But make sure it's rich in fibre if you're hoping to feel fuller throughout the day.

—Diana Duong

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To work more chia into your diet, sprinkle the seeds over your oatmeal or salad.

GET TO KNOW A SUPERFOOD

Chia seeds

They've been linked to better sleep, weight loss and the ability to prevent heart disease. But how much of that is true? We checked the science

By VANESSA MILNE

Are chia seeds nutritious? Yes. A serving of chia seeds (two tablespoons) has close to four grams of protein and 136 milligrams of calcium—almost 20 percent of the daily calcium needs for women under 50. It also boasts seven grams of filling fibre and is high in ALA, a plant-based omega-3. **But:** “The more potent kinds of omega-3s are DHA and EPA, which are the kinds we find in fish,” says Tristaca Curley, a registered dietitian in Kelowna, B.C.

research on chia seeds and heart health found seven relevant studies—and no statistically significant results. **But:** “We know that fibre slows down how quickly your blood sugar rises after eating,” says Curley, adding that the high protein, vitamin and mineral contents also carry potential health benefits. “If you look at the nutritional components individually, it makes sense that chia seeds would lower your risk of diabetes and heart disease.” 

Do they prevent fat absorption? Not really. While the fibre in the seeds does latch on to fat in the gastrointestinal tract, “that’s happening at a microscopic level,” says Curley. “It doesn’t mean that if you have a dose of fibre, you’re suddenly not going to absorb as much fat from your meal or lose weight.”

Are chia seeds full of antioxidants? Yes. The seeds have plenty of vitamin C, beta carotene, selenium and manganese—antioxidants that help your body defend itself against cell damage. **But:** The science around antioxidants isn’t as clear as you might think. While there’s strong evidence that people who eat more fruits and vegetables have a lower risk of heart disease, cancer and stroke, the same foods that are high in antioxidants are also high in fibre, vitamins and minerals, and low in calories—all of which could also be responsible for that positive effect.

Do they help you sleep better? Not likely. Two tablespoons of chia seeds has only 0.094 grams of the sleep-inducing chemical tryptophan—nowhere near enough to have an effect on your slumber.

Do chia seeds prevent diabetes and heart disease? It’s hard to say. There have been only a handful of studies on chia seeds’ impact on people’s health, and they’ve had mixed results. One 12-week study on overweight adults gave people two tablespoons of chia seeds a day and found no difference in blood pressure or weight loss. Another on overweight women had a similar outcome. There is one positive study on chia seeds and heart disease and one on diabetes that are often cited, but neither points to the long-term health benefits of chia seeds on their own. Meanwhile, a review of the current

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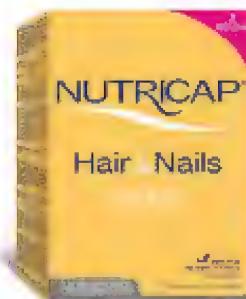
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It's fairly common for women to downplay pain, but why? It took falling down the stairs and breaking my back for me to confront how a weird old idea about hysteria still has a tangible effect on my life

× × ×

By LISA BRYN RUNDLE
Illustration by AMEDEO DE PALMA

Early last April,

on a cold and sunny spring morning, I hustled my partner, Sarah, and our nearly two-year-old child out the front door, grabbed the stroller that was folded on the front porch and headed down the steps, oblivious to a fine coating of ice that had formed overnight.

As I lay crumpled at the bottom of the stairs, I noticed how clear and high the sky was. I floated in that pleasant blue until the cold of the cement began crawling into me. I wasn't sure if I could or should move. Then I began to feel the pain.

When my mind snapped back to real time, I heard Ezra's panicked crying. The fall—or more likely my involuntary symphony of groans—had, understandably, freaked him out. The only words I could squeeze out were: "Take him inside!"

When Sarah returned, her voice was measured and low. "Are you okay? Should I call an ambulance?" I was enraged. "Don't be ridiculous!" I snapped. "Leave me alone!" And then, because, even in the moment, I could see I was being a jerk, "I just need a minute."

Eventually I got up. (I imagine it looked something like a robot twerking, poorly.) There was the searing pain in my back, sure, and the debilitating spasms, but I got to my feet. And I went on with my day. I tweeted something I thought was pretty funny about how falling down the stairs is a young, drunk person's game. I didn't go to the hospital or to a doctor. I didn't even take a Tylenol until forced to by the

person newly in charge of putting my pants on me.

That it's-not-happening-if-I-don't-let-it attitude is how I ended up getting a heart-stopping voice mail message five days later. It was my doctor. (I'd eventually gone to see her after missing several days of work.) The message said, "Your X-rays came back. You have multiple fractures in your spine. You need to get to the hospital right away."

The word *denial* might be crossing your mind about now, but I don't think that's the whole story. I've had months to consider those first wounded-animal instincts and why it is that I have continued to struggle each time I try to communicate the severity of my pain to health care professionals and others. I've tried to dissect how much is my own weird reaction, born of unique personal factors (like, say, seeing my grandfather leap out of a hospital bed after a heart attack so he could get back to shimmying up trees at the cottage, chainsaw in hand), and how much is something else, something that other women might be contending with as well.

I've landed, much to my surprise, on a very old idea that still seems to be haunting me and, I suspect, haunting others as well. I didn't—I don't—want to be seen as hysterical.

But hold up: Could I really be worried about an ancient idea about the power of a "wandering womb" to wreak havoc on my body and psyche? After all, the concept of hysteria from today's perspective is, um, hysterical. Hippocrates coined the term back in the fifth century BC. He believed the womb to be a troublesome organ, which might take to moseying about a woman's body, releasing toxins and causing all manner of ailments: mood swings, fainting, sexual forwardness, speechlessness. Widows and virgins were considered most susceptible.

The idea held on for the next couple of millennia but shifted from the belief that a dried-out uterus (lacking the irrigation of a man's seed) might lodge itself near

the throat and cause, say, breathing difficulties, to the conviction that our troubles are entirely in our heads. So where a woman in ancient Greece might be advised to rub honey on her genitals while chewing something pungent—you know, to encourage the devious, sweets-loving organ to go back to where it belongs—a Victorian woman might just be written off as insane, or in need of a good "hysterical paroxysm" (we call those orgasms nowadays). That's when Freud picked up the ball and ran with it, pegging hysteria to trauma and, of course, sexual repression. His suggested cure actually involved listening to women, which was nice. (And all that kindly concern over women's sexual repression led to the invention of the vibrator, so there's that.)

It's wacky, womby stuff. And yet, it describes something eerily familiar. The spectre of hysteria is the best way I can find to describe why I was gripped by fear each time I was asked to score my pain on a scale from 1 to 10 or why it was that calling an ambulance after a serious fall would mortify me: If I'm not believed, if I'm ruled an unreliable witness to my own body's experiences, then I won't get the help I need. Some kind of subconscious self-protection program launched in the moment I hit the pavement: Play it cool, or else.

And so, after a very tense drive to the emergency room, I mustered the lightest tone possible to explain to the triage nurse why I was there. The tiniest bit of surprise cracked her seen-it-all expression. And then she slid a piece of paper across the desk. It was the pain scale. Panic. Twenty-first century or not, I knew the math. Excessive emotion means out of control, which means not to be trusted. I circled the 8.

I have to confess that before all of this, I thought of the whole hysteria thing as kind of cute: one of those old beliefs we like to remember so we can laugh at it, and so we can be reassured that while we may not have eradicated violence or achieved equal pay, women today have it pretty good. I resisted believing that

such an old, ridiculous notion could have any effect on me or any other sentient being today.

But my attitude has changed. I've started to think of hysteria as a kind of cockroach of an idea: not really evolving, keeping just out of sight, frighteningly tenacious. Given how long it has persisted in the history of humankind and given, well, the new president of the United States, maybe it's not as odd as it initially seemed that the fantasy of the hysterical female could still be affecting real women today. If a man can be elected leader of the so-called free world after derisively suggesting a journalist had "blood coming out of her wherever," it's not a stretch to think that the classic view of hysteria is alive and well. Lady parts: They make you crazy.

And they make you susceptible to some pretty alarming treatment by health care professionals too. Studies of gender bias in the treatment of pain have shown that women are often given sedatives for pain while men are given medication for, well, pain (studies also show that women are prescribed weaker drugs than men for treatment of the same painful symptoms). In an agonizing essay for the *Atlantic* in October 2015, Joe Fassler describes rushing his wife, Rachel, who was seized with extreme pain from an unknown source, to the hospital, where a nurse told her, "You're just feeling a little pain, honey." Rachel waited for hours without proper treatment. Meanwhile, her ovary was dying, a surgical emergency that causes "the kind of organ-failure pain few people experience and live to tell about." In American emergency rooms, Fassler writes, "men wait an average of 49 minutes before receiving an analgesic for acute abdominal pain; women wait an average of 65 minutes for the same thing."

Researcher and academic Anne Werner of Akershus University Hospital in Norway has studied the internal calculations many women make when dealing with health providers. In her small-scale qualitative studies from the late '90s and early 2000s (sample title: "I Am Not the

Kind of Woman Who Complains of Everything: Illness Stories on Self and Shame in Women with Chronic Pain"), the women she interviewed devoted an enormous amount of energy to presenting their pain in a way that optimized their chances of being believed. Especially for women with long-lasting, medically unexplained disorders such as fibromyalgia, there can be an enormous amount of "work needed to appear as a credible patient"—energy that's taken away from coping with their actual medical condition. In other words, she says, the women felt they needed to "do" pain and "do" gender right.

All of this leaves women in a delicate position. Scream out your pain in an

effort to get noticed; or undersell it, flirt with your inner martyr and hope that if you behave, you and your pain will be seen.

Somewhere a cockroach twists its lips into a smile.

I call up Dr. Michael Gofeld, a pain specialist at Women's College Hospital in Toronto, for his view of all this. I ask whether women struggle to communicate with him about their pain, more so than men. "Sometimes I have this impression," he says. So what does he think an individual woman can do—try to be as direct as possible without second-guessing herself? "Probably."

I've reached him while he's driving; he's keeping things succinct. Nevertheless, he



3 tips to follow when talking about pain

Compare yourself to yourself

If you are asked to rate your pain on a scale of 0 to 10, your own experience is all that counts, says Rosemary Wilson, a nurse practitioner and assistant professor at Queen's University School of Nursing, in Kingston, Ont. In other words, your "8" is not going to be the same as anyone else's. In a first assessment, the pain-scale rating can help identify red flags, but Wilson says the best use of it is to assess the success of a specific intervention.

"If you were an 8 yesterday and a 2 today, [we're] winning."

Don't be shy about details

The more context you can give, the better, Wilson says. Try to find words to express the quality of the pain—is it stabbing, itching or exhausting? Does anything make it better or worse? And does the pain interfere with your day-to-day functioning (working, eating and sleeping, but also recreational activities)? "It's so much easier when somebody has a story," says Wilson. "What they've tried and what has worked, what hasn't worked, how long have they had the pain...all of the edges around the pain experience."

Remember the gold standard here: You

Back in 1968, Margo McCaffery (an American registered nurse whom Wilson calls the "mother of pain assessment") wrote: "Pain is whatever the experiencing person says it is, existing wherever he says it does." You know the most about what you're feeling—therefore, you're the best person to describe it. The clinician's job is to listen.

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“Your X-rays came back. You have multiple fractures in your spine. Get to the hospital right away.”

impresses upon me that pain is complex, and individual. Then what was I supposed to do, I ask, when faced with that impossible pain scale. How do I know what your 1 is, or your 10? How do I know where my pain fits—what would be considered reasonable and rational and not at all excessively expressed?

What he says next kind of blows my mind. “It doesn’t matter. We are treating your subjective pain, not mine.” I could have just gone ahead and circled that 10.

It gets me thinking about an essay by Leslie Jamison, her “Grand Unified Theory of Female Pain,” in which she coins the term “post-wounded woman.” It’s kind of an update on the “work to appear credible” that Anne Werner talks about. “Post-wounded women know that postures of pain play into limited and outmoded conceptions of womanhood,” Jamison writes. “They are wary of melodrama, so they stay numb or clever instead.”

Women today are so over this women’s pain thing. We try not to play the game at all. I can’t be written off as hysterical! I took women’s studies! We hope the world has changed. We hope we can outsmart the ways it hasn’t. But it’s not a posture that works. Or, at least, it didn’t work for me.

Big chunks of bone had popped right off four separate vertebrae and were floating around all those very important nerves as I lurched about, insisting I could go to the bathroom on my own and then eventually yelling for help to get off the toilet. Four breaks in the bones that protect my spinal cord. I had walked around—sometimes crawled—for nearly a week without knowing whether my spinal cord was at risk. I had put myself in a dangerous position because of a very old fear of a very old idea that I didn’t even know I had.

The bone chunks found their way back to their proper place along my spine—no sweet enticements required. The breaks healed. Then the rest of the wreckage became apparent—discs and nerves that had suffered their own damage. The pain slowly got better, and then it stopped getting better. This pain, it seemed, was going to be a new feature of life in this body. It seemed like I wasn’t going to get better, ever.

That is, until I sat down with my doctor and told her just how much pain I was in. There was no scale. She met my eyes. She listened. She watched me sway back and forth in the cramped office, unable to sit or stand still months after the accident. She asked about the quality of the pain, about the effect on my life, whether anything relieved it, even temporarily (sadly, no). And then we made a plan. And then my pain got so much better.

It’s icy outside again. People keep telling me to be careful. I’ve caught myself giving the porch steps the stink eye before I descend, like maybe I can intimidate them. But lately, I’ve noticed a strange confidence growing in me—even if I fall, I’m ready this time. There will be more pain, falls or not. I know that. Those old beliefs may always be like a cockroach under the sink, but expose them to light and they scatter. ☺

Lisa Bryn Rundle is a producer at CBC Radio’s *Out in the Open*.

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6 Ways to Bring Your Family Together and Save Money



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Entertain at Home

The outside world is expensive. Your family of 4 can expect to shell out almost \$100 for an evening at the movies, to watch the latest blockbuster. Popcorn, games and drink sizes, that don't make any sense, add up fast. Enter the family Netflix movie marathon. Plan a theme night at home where you and your kids bundle up to enjoy the best of what Hollywood has to offer, together. Consider themes like, talking animals, ghost stories, or anything with a cape.



Enjoy the Outdoors



Tobogganing, ice skating, public art exhibitions – these are just a few of the fun ways you can enjoy a day out with the family, without spending any money. And if your skates are too tight, or so dull they're more akin to loafers, you can always rent them.

Eat In

Even a few days in a row of fast food or restaurants can add up fast. Nutritional concerns aside, it's just not sustainable for a family to constantly eat out. Eating in also offers the greatest



benefit of all: leftovers. One good-sized lasagna can feed your family for a week. Not into Italian food? Try taco night instead. Either way, that cheese isn't going to grate itself.

To the Library

100% free. Really, need we say more? Younger kids get to enjoy storytime with their peers while your teens get to rent DVDs and play with 3D printers, if young adult fiction isn't exciting enough for them. Parents will love it too. Novels, cookbooks, how-to, comics – you name it, it's available at your local public library.



Family Phone Plan

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Q&A



Columnist
**Stephen
Marche** (and
his wife, editor
Sarah Fulford)
on money,
housework
and the
messiness
of modern
marriage

By SIRI AGRELL

→ The footnotes in Stephen Marche's new book, *The Unmade Bed*, are not your typical citations or explanations. Written by magazine editor Sarah Fulford, who also happens to be Marche's wife and the mother of their two children, the jottings offer an intensely personal counterpoint and alternative lens on essays that claim to uncover "the messy truth about men and women in the 21st century." Marche, a Toronto-based novelist and *Esquire* columnist known for biting essays on everything from chores ("The division of domestic duties ultimately boils down to sex") to Canadian politics ("Politically self-righteous smugness is the definitive national trait"), says his wife will often edit his work. But when he began writing about parenting, marriage and pornography, her notes often stretched into "open letters." So he decided to incorporate them into the book. We were intrigued, so we asked her to offer the same service for our interview with Marche. Here's what they both had to say.

First of all, where are your kids as we sit here discussing modern family dynamics? [1] While we're doing this interview, my wife is picking up one kid from Second City camp and will pick the other up from her grandmother's. And then home. So, yeah, I've got a window.

I've noticed in my own life that men who are the lead parent get congratulated a lot. Oh, it's absurd. It's really ridiculous. It's an oddly backhanded compliment. I have a story in the book about this friend who was taking his kid to get milk at the corner store—not an extraordinary gesture of effort. A woman stopped him and told him he was a great parent. It was literally the least he could do.

And it's always women congratulating you? Always. No man's going to say, "Nice job taking your kid for milk."

Your book begins with an 11-page essay explaining mansplaining. Interesting choice. Mansplaining mansplaining. It's one of the really bizarre things about gender studies that only half of the population engages in mansplaining. Which is weird considering that men and masculinity are in trouble. I feel like men talk so much about everything except this one subject.

Do you think men are going to read this book? I think men will read the piece on pornography. That's something men spend a lot of time thinking about. I came to it late. And regular porn and internet porn are completely different things. It's like nuclear power compared with heating a pot up on a flame. When you focus on it as a topic, you can really get depressed. But when you look at the broader picture, things are going in the right direction and they have been for 110 years: This terrifying new pornography is as common as spit in the private lives of men, but at the same time, violence against women by every objective measure is on a decline.

But that's not because of pornography. Your wife points out that the decline coincides with an increase in sexual education. I take that point. But when you look at some of the studies by economists: Germany had disgusting pornography at the same time as it had a substantial decline in sexual violence. Same for Japan, Sweden and Denmark. But in the countries where pornography is banned, like Iran, sexual violence is the norm. So there's an odd paradox there.

You didn't have a lot of personal stuff in the porn essay and then you blindsided me with an anecdote about your wife's breast milk. I think the interesting political moment right now is the politics of intimacy. At least between men and women. So I felt like I had to go all out. You can either write some bullsh-t about what men are like now or you can



Footnotes from
Sarah Fulford

[1]

I love this question! Gender equity in the workplace will be achieved only when we acknowledge that child care arrangements matter to dads as much as moms. I look forward to the day when professionally successful dads are regularly asked how they "have it all"—that's a question I get asked all the time. No one asks Steve that.

[2]

That's the big take-away from Steve's book. All around me, I see couples making decisions about child care, jobs, parental leave and where to live based not on gender stereotypes but on finances: Who earns more? How does it play out on a budget spreadsheet? I know many couples where Dad does the bulk of the child care because Mom earns more. But that new reality is rarely acknowledged in our culture.



The Unmade Bed by Stephen Marche. \$33.

"I know many couples where Dad does the bulk of the child care because Mom earns more, but that new reality is rarely acknowledged in our culture."

tell people about how when you're sleeping with your wife who's just had a baby, breast milk will squirt all over your chest.

When Sarah became the editor-in-chief of a major magazine, you wrote about feeling like you'd become your "wife's husband." Do you still feel like that? Not much anymore. Now it kind of depends on the room. If we're with Toronto politicians, I'm definitely my wife's husband. But if we go to New York and we're in a publishing or magazine room, she's my wife. But increasingly this doesn't matter. The thing that really makes a difference is money. [2] When I had no money and no job and my wife had a huge job, it mattered. The only solid definition of masculinity is as a provider. And that is not going to last. That is doomed.

Some of these essays have been published before, in the *New York Times* and the *Atlantic*, and sparked quite a reaction. It is fascinating that the really controversial topic of the whole thing is housework. Tons of angry letters. Real fury. I claim that we're getting more equal on that front not because men are doing more—because we're not—but because women are just falling off when it comes to housework. I don't see that as a bad thing. Who cares? In 20 years, are you really going to say, "I wish I'd cleaned my bathroom more"?

I'm surprised people reacted so passionately to a piece about chores. In one of her notes, Sarah said she won't even argue with you about cleaning because it's so boring. Yeah right. I didn't want to put notes on the notes, but yeah right. ☺

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CAREER

Betting on the farm

Uninspired by cubicle life, Brenda Hsueh turned her passion for food into a viable career as an organic farmer

By JENNIFER GOLDBERG

When Brenda Hsueh talks about soil pH and sustainable growing practices, her passion is palpable. "It's been ridiculously idyllic," the 41-year-old owner of Black Sheep Farm in Grey Country, Ont., says. "Even when things are really stressful and hard, I've never wanted to throw in the towel."

But Hsueh didn't always feel that way about her job. Less than 10 years ago she was working as a database manager for a Toronto-based financial company, crunching numbers by day and hobnobbing with other urban professionals by night. She owned a condo in the downtown core, and while "life was good," deep down she wasn't satisfied with her career. Then the 2008 financial crisis happened. "It was a wake-up call for me," she says. "I was feeling morally complicit in an industry I didn't care about, so I asked myself, 'What do I care about?'" The answer, she realized, was food.

Hsueh quit her big-city job and enrolled in a volunteer program to learn everything she could about organic farming. The experience taught her a lot about herself. "I lived in a tent. I worked really hard outside and I loved it. I discovered I wasn't as prissy as I thought I was."

Soon after, Hsueh sold her condo and began shopping for the right property. "I knew if I wanted to make this work I had to be smart about money and couldn't put myself into debt," she says. She visited 20 different farms, testing the soil to ensure the land could support vegetables and livestock. She also assessed each farmhouse for its potential to generate revenue as a bed and breakfast in the future. Eventually she purchased 40 acres of "picture-perfect" land and got to work. She cultivated five acres of vegetable fields and launched a community-supported agriculture business, supplying salad, turnips, eggplants, peppers and other veggies to members of a produce-buying club. She also added a small flock of 14 sheep, for meat and wool and to help rehabilitate the soil.

Eight years into owning Black Sheep Farm, Hsueh still loves her work but admits her dream job hasn't come without its challenges. Her income is largely controlled by the weather, and when conditions aren't favourable, money can be tight. "Farming is a significant financial risk," she says. "This is not a career choice for making a lot of money." While the farm is profitable, Hsueh has diversified her income by working as a food security consultant and at a local accounting office during tax season. The extra cash helps her pay for big-ticket farm items, like a new truck. It also helps her save for retirement (she's on track to have a \$200,000 nest egg by the time she's 65).

Hsueh has also learned to live on less in order to keep costs down. "I don't buy many clothes or eat out nearly as often as I used to," she says. "I live a lot more simply, but I don't feel deprived because the farm is something I love."

With Hsueh and her partner expecting their first child any day now, Hsueh is planning to hire her first full-time staff member; it's another cost she's had to save for. But she's confident the farm will continue to flourish and grow. "If you're doing something you love, you find a way to make it work." ☀





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2017 SURVEY

Our deepest (sneakiest) money secrets

We asked 1,000 Canadian women between 35 and 45 to tell us what they spend, what they owe and whether they lie to their partners about how much they have

53 percent of women are pretty much on top of their money. 43 percent know where each and every dollar goes, while 4 percent admit the amount in their bank account is a total mystery.

48 percent resent spending money on haircuts that cost more than men's. What else do you resent having to pay for?

Tampons	38%
Bras	28%
Waxing or shaving products	28%
Makeup	18%
Birth control	13%
Other (like clothes and face cream)	11%
Honestly, it's fine	21%

69 percent believe women are financially penalized for being single, though 30 percent say there are cost savings as well.

WE ASK

What are those savings?

"As a single woman, I don't have the duty spending: buying Christmas presents for his family, even if I barely know or like them; paying for him to go to my friend's wedding; purchasing a new dress for the third work function he needs me to go to this month. Sure, I have to carry the whole mortgage, but at least when I spend money, it's because I want to spend it." —Bonnie, 37

51 percent of women in relationships say they're

better with money than their partners are.

More than a third of women don't tell their partners precisely how much money they have.

WE ASK

Why aren't we honest about our finances?

"First of all, we have no idea how to talk about money. We aren't taught it in schools; we don't practise it at home. So these conversations with our partners tend to be fraught. You hear a term like 'financial infidelity' a lot more now, and it's true that the law says any money coming into a marriage needs to be shared equally. But people don't necessarily think they're cheating by hiding money. I hear this a lot from couples: 'It's my money, I worked for it, I should keep it or spend it however I want.' It's not about withholding. It's about keeping control. And that's why I personally am a fan of separate bank accounts. Keep some money for yourself." —Wendy Olson-Brodeur, Calgary-based certified financial planner

Women are nearly twice as likely to fight with their partners about money than about sex.

When it comes to whether they'd rather talk openly with friends about sex or about finances, women are pretty much split down the middle.

WE ASK

Why would you rather talk about sex?

"It's fun! There's an intimacy to being with girlfriends and letting loose, trading details, using words you might not ordinarily use. It's liberating. And there's an appetite for it, which you see in the recent rise of bawdy female-driven comedies. Maybe it was easier to talk about money when we all had less of it, but discussing finances now comes off as braggy or depressing or intolerable." —Elizabeth, 38

THEN WE ASK

Why would you rather talk about cash?

"I grew up in a house that did not

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Survey basics

1. *What's your relationship status?*



2. *What's your employment status?*



3. *Do you have kids?*



encourage open sex talk but did encourage me to educate myself about budgets and living expenses. As a result of my prudish but fiscally responsible formative years, I don't find talking about money too personal at all. I know a lot of people who are afraid to face their finances, and I bet most of them would benefit from more open dialogue. Meanwhile, I prefer to keep my sex talk in the bedroom—where it counts."—Anastasia, 42

59 percent would absolutely never borrow money from a friend, 37 percent would do it only if desperate, and 4 percent would borrow from anyone.

60 percent have borrowed money from family.

WE ASK**What's the smartest way to do this?**

"Money is such a difficult topic to talk about, but for this to work, you need to have a really frank conversation with your family member about why you need the money and what your financial situation is like. Then write up a contract and be specific: Establish that this is a loan, not a gift; determine a timeline for repayment; decide how often you will pay, by what method, whether there are penalties if you're late, whether you should review interest rates every few years. It's also very good to have regular check-in meetings along the way, to make sure that nothing gets forgotten. Without that candour, there's big potential for trouble."

—Annie Kyick, Vancouver-based certified financial planner

Of the women who borrowed from their families, 87 percent paid it back. How much did you borrow?

Under \$250	29%
Between \$251 and \$1,000	23%
Between \$1,001 and \$5,000	26%
Between \$5,001 and \$10,000	10%
More than \$10,000	13%

Methodology Our online survey was conducted by Abacus Data with 1,000 women between 35 and 45 in Canada, January 3–5, 2017. A random sample of panelists were invited to complete the survey from a large representative panel of Canadians, recruited and managed by Research Now, one of the world's leading providers of online research samples. For complete methodology, visit chatelaine.com.



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Janet Keall was abandoned at the backdoor of a B.C. hospital in 1977. She's been haunted by questions ever since: Who left her and why? This year, she found some astonishing answers

T H E B A B Y O N T H E D O O R S T E P

By Julia Nunes

As a child nestled in bed, Janet Keall would listen to her parents tell a magical tale about a baby left on a doorstep in Prince Rupert, B.C. The story was hers, and she wanted to hear it again and again because it had a happy ending. A nice man saw her wriggling inside a blanket and called for help. Then she came to live with her family, who love her very much.

But as gently as the story was told, it raised a lot of questions: "I was in another lady's tummy?" Janet would ask. "Who was she? Where did she go?" Growing up in Surrey, B.C., Janet was a bright and thoughtful girl who felt blessed to be so loved by her parents, Jerrilyn and Gordon Keall. Yet her questions persisted. At around age 10, she even fantasized that her birth mother was Whitney Houston. Over the years, her emotions flip-flopped. "At times I felt very happy and grateful," she says, "and other times I would feel very sad, very rejected. Why me?"

At age 18, she was finally of age to request her birth records. She was dismayed when a thin envelope arrived in the mailbox. Inside were two scant forms with almost every box blank:

mother's name, father's name, place of birth. Alone in her bedroom, she shouted and banged her fists on the floor in frustration. "It was the deepest grief I've probably ever experienced. I felt so powerless. To see that paper so blank, so nothing, it was a haunting moment," she says.

Janet spent the next 21 years searching. Several times, she made the 1,500-km journey from Vancouver to the small northern port city of Prince Rupert, just 50 km from the Alaska border. She told her story to local reporters, launched public appeals for information and asked for help from any of the town's 13,000 residents who would listen. Yet no one in the close-knit community, hemmed in by mountains and ocean, seemed to know anything. Even her attempt to find police and hospital records came up empty, the files apparently lost or purged.

In 2005, she shared her story with *Chatelaine*, hoping someone might see the article and step forward. Plenty of people did reach out, some with their own adoption stories, others with offers of help. But information about her birth mother?



"Nothing," she says softly, "always nothing." Then, this year, Janet had a stunning breakthrough, and then another that would finally put her mystery to rest.

NOW 39, JANET HAS BEEN MARRIED TWICE, raised two boys, built a high-powered career managing real estate, legal and technology companies, and spent her free time volunteering at orphanages around the world, helping other abandoned children. She and her husband, Hod Pharis, recently moved their family from Vancouver to Charlottetown, seeking a quieter life. Early in 2016, when her boys were teens and she had more time, she decided to make one last push for answers.

On April 20, she launched a website, rupertsbaby.com, accompanied by a social media campaign. People anywhere in the world could see her face, track her story or drop an anonymous clue. Three weeks after the launch, over a morning coffee, an unusual email caught her eye. "I have a similar story," the subject line said. Like many emails she'd received, this one began with "My name is" and ended with "It will be great to hear from you!" Over the years she's heard from men who offered tips as a ruse to ask her out, and men who said they must be her father because they slept with lots of pretty women on the west coast in the '70s. But this message was different. It came from a man who said he, too, had been abandoned as a baby on a doorstep in Prince Rupert. "I think we look similar," he wrote, attaching a photo. One click and there were two brilliant blue eyes, just like hers, peering back at her.

Within a couple of hours they were talking by phone. Stephen* had been adopted by a loving family, grew up in the Fraser Valley

in B.C. and was happily married with two children. "It was so amazing," recalls Janet. "I got him. It was like we were the same." Their birth stories were eerily similar. Janet was found on a hospital doorstep on October 14, 1977; Stephen was found 19 months later, on May 23, 1979, just blocks away, on the steps of an apartment building. Both babies were healthy and unharmed, bundled up against the cold.

Of all the scenarios Janet had envisioned, finding a sibling who'd also been abandoned had never been one. In that first phone call, they discovered they shared a rare genetic trait passed through the maternal line. But Janet needed more proof. She asked for a DNA test and Stephen agreed. From opposite ends of the country, they scraped their inner cheeks, mailed in their samples and waited. Two weeks after they first spoke, Janet and Stephen were back on the phone. He listened as she scrolled through tiny print on her cellphone, scanning the data charts and technical jargon that held their fate. "What does it say?" Stephen kept asking. *"What does it say?"*

Janet was crying as she read: "The probability of half-siblingship is 97.3 percent." One week later, she was back in her childhood bedroom in B.C., where once she had raged at her blank documents. This time, the sounds of laughter and happy chatter drifted up from the back garden. Her family and Stephen's mingled, but Janet lingered upstairs, steadyng her nerves, before she walked downstairs to hug the man whose life began as hers did—in the arms of a woman neither of them had ever met.

"You know when you smile so hard your mouth hurts? That was me that day," she says. Family and friends were amazed at the similarities—the matching blue eyes and mouth shape, the way they laughed and stood. Stephen's father had wondered 12 years earlier about those similarities, after he'd seen a newspaper photo of Janet with a story about her search. But Stephen wasn't ready to reach out. The clipping sat in his parents' kitchen drawer while he married, had children, built a home and a career—all while Janet was doing the same just a short drive away in Vancouver.

JANET'S STORY WOULD BE INCREDIBLE enough if it ended there, but it doesn't. Because while she was hugging Stephen, she already had another lead: another baby, another doorstep. Years earlier, she'd found a local newspaper story about a young woman who said she, too, had been abandoned at birth in Prince Rupert, but Janet had never been able to find her. Then, miraculously, two days before she flew west to meet Stephen, she received an anonymous voice message, providing the email address of a woman named Kathie Rennie who lived in Maple Ridge, B.C. Janet fired off a message, which landed in Kathie's inbox while she was coaching her daughter's evening softball game. She had no idea anyone had been trying to find her. "I read it three times, thinking, 'This is nuts,'" Kathie recalls. But she phoned Janet back.

Kathie had been adopted and grew up happy in North Delta, one suburb over from Surrey—the two girls had spent their entire childhoods just a 20-minute drive apart. Kathie had the same striking blue eyes and familiar laugh. The more they talked, the more they recognized each other: the goofy sense of humour, the independent streak, the never-say-die attitude. "I met somebody that's my match," Kathie says with a laugh. They ordered more DNA tests and the results landed on July 5. This time, all three of them were on the phone as Janet confirmed Kathie was their half-sister. Abandoned on February 7, 1976, she's the oldest sibling, found on the steps of a home just over 5 km north of Janet and Stephen.

"Everybody got teary-eyed," Kathie recalls. Soon, the enormity of what they had discovered began sinking in. "You go through your emotions, and one of those emotions is anger that it's not only once, but my biological mom did this three times," says Kathie. Janet has uncovered only one other case in the world of three abandoned siblings sharing a birth mother. "The number three gives it a weight," she says.

As Janet got to know her siblings, the near misses were hard to accept. As a teenager, she and her mother shopped every Sunday at the same Costco where Kathie had a part-time job handing out samples. "It's very likely we crossed paths," Kathie says. The three siblings agreed on many things: gratitude at being adopted into happy families, delight at having found one another and a lingering desire to know what happened to their birth mother.

THEN, IN NOVEMBER, they finally got their first real shot at answers. Janet was at home in Charlottetown, preparing for her eighth trip to Prince Rupert, when she discovered a first cousin, a young woman named Amy. The genetic testing company 23andMe had analyzed their DNA samples and matched them along maternal lines, which meant Amy's birth mother and Janet's were sisters.

Amy was adopted, too, and had never looked for her biological family. She did, however, have her birth mother's name. For 10 days, Janet scoured the web, researching potential relatives on Facebook, sending them emails and making cold calls. Only one had heard of Janet's search and nobody knew anything about a family member abandoning babies.

Still, she was able to build a family tree, and one name stood out. Amy's biological mother had a sibling named Sarah,* who left Prince Rupert around 1980 and moved to the Vancouver area, maintaining only minimal contact with her family. She had married and raised a son named Richard* in the same suburb where Janet grew up. If Sarah was Janet's mother, they'd spent years in each other's shadows.

When Janet contacted Richard, he had no idea who she was. Sarah had said almost nothing about her early life—he'd grown



The back door of Prince Rupert Regional Hospital, where Janet Knoll was left in 1977

up believing he was an only child. After a few conversations, he agreed to a DNA test. "He really wanted to be part of it," Janet says, "even though I think for him it was very shocking." On December 2, the DNA results came in. They confirmed that Richard was Janet's half-brother. Her 21-year search was over: Sarah was her birth mother.

"I haven't really fully processed this at all," she says quietly. "Wow, I've done it." I still keep saying that. Janet was never starry-eyed about meeting her birth mother. She never envisioned having "tea every Sunday," she says, though she'd hoped to ask her questions. But Janet's search ended too late. Sarah had died of heart failure in August. "I never got to meet her," she says through tears. "I missed her by three months."

THE WEEK THAT FOLLOWED WAS A BLUR. Janet made the cross-country trip from Charlottetown to Vancouver, where she, Kathie and Stephen met Richard for the first time. "Our half-brother really has met us with open arms even though this is a difficult time for him," Janet says. She and her siblings have agreed not to reveal identifying details about their birth mother: her real name, her age, her defining physical features. What she knows of Sarah's early life is fragmented, drawn from snippets of old memories offered by her relatives. A meticulous researcher, Janet has pieced together a timeline as best she can.

Sarah grew up in Prince Rupert in the 1960s and '70s, boom years when a thriving fishery drew thousands of boats to the harbour every spring, earning the town its nickname: "Halibut Capital of the World." Dozens of canneries dotted the surrounding coastline, and seasonal workers flooded into town,

*Names have been changed.

cashing in for a few months, then clearing out before winter.

Sarah was the eldest child in a large family that didn't benefit from the boom. There were financial struggles and frequent moves. It was a chaotic, crowded life that often erupted in conflict, and Sarah was a caregiver to her younger siblings. "She had a challenging childhood," Janet says. "She moved out of her family home at a very early age when she should've been going to school or attending prom. She must have been very independent."

Over the next three and a half years, Sarah moved around and changed jobs often. No one was ever quite sure where to find her. She worked at a local cannery for a time, and at an Italian restaurant, probably lugging food trays to cars at the drive-in. These were the years when she was pregnant three times, giving birth to and then abandoning Kathie, Janet and Stephen as newborns. They all had different fathers. Janet still has no information about her birth father other than her DNA tests, which show he is of Irish, British and European descent. He may have stayed in Prince Rupert only briefly, as so many fishermen and cannery workers did at the time. It's possible he had no idea Sarah was pregnant.

Several months after Stephen's birth, Sarah left the town and never went back. "She was still a young woman and she was starting fresh," Janet says, "building a new life, shedding the pain from Prince Rupert." While she was living in the Vancouver area, Sarah gave birth to a daughter. Born with a rare genetic condition, the baby girl lived just 39 days. The bright light in Sarah's life was Richard, the only child she ever raised.

From Richard, Janet learned that Sarah was a loving mother and a devoted grandmother to his young children. She and her husband divorced, but she enjoyed a good life. She loved baking and cooking. She had a soft spot for animals. "Kathie and I always say we're so sassy," Janet says, "and it was the same with her—big personality. She'd say what was on her mind. Now we know who we get that from."

JANET BRIEFLY CONSIDERED cancelling her trip to Prince Rupert after she got the final DNA results, but decided to go ahead with it to say goodbye to Sarah. This time, she arrived with a list of addresses where her birth mother had worked and lived, and she could retrace her footsteps.

Prince Rupert's boom years are over, the fishery is in decline, but the little city by the sea has retained its '70s flavour. Clapboard houses still dot the hillsides, and small boats still bob in the marina. On downtown streets, there's not a high-rise in sight. It's easy to picture the place as it was when Sarah was a young woman. The low-income apartment block where she last lived with her family is still there.

Kathie was abandoned a few blocks away from it, outside a large house on a pretty residential street. Janet believes



The three babies were abandoned within 5 km of each other in Prince Rupert, B.C.

Sarah gave birth outdoors, in a wooded area between the house and the apartment building. Standing in front of the house for the first time, Janet pointed to the step where her newborn sister was placed under a covered carport. It was late at night but the homeowner had left a pram outside and a light on upstairs. "My guess is she was walking by and thought, 'This is a good place for my baby to go,'" Janet says. The homeowner heard knocking on the door and a woman yelling for help. By the time she came downstairs, Sarah was gone but Kathie was there, wrapped in a blanket.

Twenty months later, Sarah was at the back door of the city hospital, again in the middle of the night, with newborn Janet wrapped in a green bedspread. Over the years, Janet has made many pilgrimages to that door but without ever knowing who left her. This time she could picture Sarah choosing a safe spot where someone would surely find her baby: a back entrance with a small alcove, covered and well lit. The nurse who brought her inside later told Janet that she felt a presence, as if someone was watching from the bushes nearby. "I see a young woman very frightened," Janet says through her tears. "And she did the right thing."

Nineteen months later, just a few minutes' drive from the hospital, Sarah left Stephen in the stairwell of an apartment building where, Janet believes, she was living at the time. She'd wrapped him in a tea towel and sheet, and attached a pencilled note that said he was three days old. The building owner who took him in said he was cold and naked but otherwise healthy. She had no memory of a pregnant woman living there at the time.

When Janet visited, though, there was nothing to see but mounds of rubble covered with a dusting of snow. The building had been demolished just weeks earlier. "It really bugs me that it's gone," she says, pausing to take a photo for Stephen. During Janet's stay in Prince Rupert, as she talked to people, it was clear to her that Sarah had been very isolated. Few people remembered her. For decades, Janet had searched for someone, anyone, who knew what her birth mother had done. She now believes nobody did. "She was alone in all of this. Nobody knew of our abandonments, let alone her pregnancies," she says. "I feel really sad for her that she suffered like that alone."

Whether the authorities connected the dots between the three infants remains a mystery. Jerrilyn Keall, Janet's adoptive mother, says there was an extensive investigation at the time, but it uncovered no information, and she wasn't aware of the two other babies until this past summer. During Janet's search, only one social worker said she suspected a connection between Kathie and Janet, but she didn't pursue it.

On her second night in Prince Rupert, Janet stepped onstage at the local concert hall and shared her story. About 150 loyal Rupertites came to listen; many had been following Janet in the news for years. She talked about her plans for the future, which include writing a book and a "quieter search" for her birth father. She thanked her parents and the parents who adopted Kathie and Stephen for giving them all such rich lives. But mostly she expressed forgiveness. "Let's celebrate Sarah. Let's talk about why women abandon their babies," she told the crowd. "They're not bad people. She wasn't a bad person."

Janet now keeps photos of her birth mother framed around her house and looks at them often. "The eyes are there, the cheekbones are there, the smile," she says. "It's so strange to see someone who looks like me looking back at me." The photos are the closest she can get to the woman who still eludes her. ☐

Stephen, Janet Keall and Kathie Gennua share the same striking blue eyes.



*Names have been changed.

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For less salty halloumi, soak slices in water for 20 min and pat dry before cooking.





Morning glory

In Turkey, breakfast isn't just a meal—it's an event, filled with savoury spreads, cheese-studded salads and stuffed flatbreads known as *pide*. Ground beef and lamb are both traditional choices, but you can swap in spinach and feta for a vegetarian take.

For these (and more) Turkish breakfast recipes, visit chatelaine.com.

SWEETS

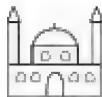
Ready for this jelly?

Invented by Turkish confectioner Haci Bekir Efendi in the 18th century, *lokum* (also known as Turkish delight) is a Jell-O-like dessert made of cornstarch and sugar. Canadian company Turkish Treats imports boxes of its Haci Bekir Turkish Delight straight from Turkey, so you can enjoy these sweets at home.

Haci Bekir Turkish Delight, \$10/box, turkishtreats.com.



► 155: The year the first coffee house opened in Istanbul. Tea drinking is a much more recent tradition in Turkey.



In Season

Get to know some of Turkey's favourite spices



SUMAC

Native to the Middle East, sumac powder is tart with a hint of lemon flavour.

Try it: sprinkled on grilled meat or vegetables, or in dressings and marinades.



OREGANO

In Turkey, oregano is relied on heavily for its herbaceous, almost-sweet flavour. Try it: to season meat, soups or salads, or infused in oil for dipping bread.



NIGELLA SEEDS

One of the oldest known spices (some were said to be found in King Tut's tomb), nigella seeds are slightly bitter with a taste similar to peppery onions. Try it: as a topper for naan or rice, added to soups or mixed into curries.

ROGERS



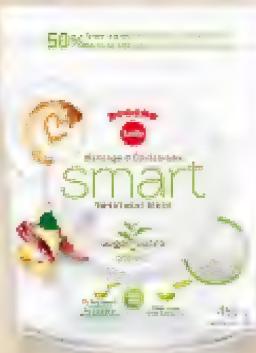
SWEET BY NATURE

SOMETIMES YOU NEED LOOK NO FURTHER THAN NATURE FOR INSPIRATION.

One of the easiest ways to add a touch of sweetness to your life is with Lantic & Rogers nature-inspired sweeteners. Whether you're an avid baker or a coffee aficionado looking to enhance flavour, sprinkle in these sweeteners, with no artificial additives, and simply enjoy. Life doesn't get any sweeter.



New!



Love cakes, but not the calorie-counting that comes with them? New Lantic & Rogers Smart Sweetener Blend made with sugar and stevia has half the calories of regular sugar*, but all the flavour.

New!



Add flavour to your morning brew with new Lantic & Rogers Organic Coconut Sugar made from the sap of organic and 100 percent natural cut coconut flowers. It has a delicious brown-sugar-like taste you'll love.

Nature

For more recipes, visit: lantic.ca/en/sweetenersredefined/

*1/2 tsp sugar-stevia compared to 1 tsp sugar

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Canada's favourite treats

Lantic & Rogers has been sweetening the lives of Canadians for over 125 years. Celebrate Canada's 150th with these classic Canadian treats made with their new sugar alternatives, Organic Coconut Sugar and Smart Sweetener Blend.



tip

Classic sweet treats are perfect for lunch boxes, as well as afternoon tea.

Maple syrup butter tart squares

Prep 20 min | Total 1 hour 10 min | Plus cooling time | Makes 16 squares

2 cups	all-purpose flour	POSITION rack in bottom third of oven.
2 tbsp	Lantic & Rogers Smart Sweetener Blend	PREHEAT oven to 350F. Lightly oil a metal 8 x 8-in. baking dish, then line with overhanging parchment.
1/2 tsp	salt	
1 cup	cold unsalted butter, cubed	
Filling:		
1/2 cup	Lantic & Rogers Smart Sweetener Blend	WHIRL flour, Smart Sweetener Blend and salt in a food processor until combined. Add cubed butter and continue whirling until a ball forms, 1 min. Press dough firmly into an even layer in prepared dish.
2	eggs	
1/2 cup	35% cream	WHISK Smart Sweetener Blend with eggs in a large bowl. Stir in cream, maple syrup and melted butter. Pour over dough.
1/3 cup	maple syrup	
1 tbsp	unsalted butter, melted	BAKE in bottom third of oven until filling is puffed, about 50 min. Transfer to a rack to cool completely, about 2 hours.



Easy apple tart with aged cheddar crust

Prep 15 min | Plus baking time: 30 min | Makes 8 servings

1/2 397-g pkg	frozen puff pastry, thawed	DUST rolling pin with flour. Roll pastry into a rectangle, about 16x10 inches (40x25 cm). Pastry will be very thin and edges will be uneven. Place on a large, ungreased baking sheet.
1 cup	grated old cheddar	
2 tsp	chopped fresh rosemary, optional	
3 large	apples, such as McIntosh or Granny Smith, peeled	SPRINKLE half of cheese and half of rosemary along edges of dough, forming a narrow border. Fold edges over to completely cover and press down to seal. Slice apples into thin wedges. Place in a large bowl. Sprinkle with remaining cheese and rosemary, Smart Sweetener Blend, 1 tbsp (15 mL) flour and cinnamon. Toss to evenly coat. Tumble apples over centre of pastry inside border. Evenly spread out and gently press down.
2 tbsp	Lantic & Rogers Smart Sweetener Blend	
1 tbsp	all-purpose flour	
1/4 tsp	cinnamon	
1 to 2 tbsp	apricot, apple or peach jam, or jelly (optional)	

PLACE oven rack in lowest position in oven. Preheat oven to 375F (190C). Lightly sprinkle counter with flour. Place puff pastry dough on top.

DUST rolling pin with flour. Roll pastry into a rectangle, about 16x10 inches (40x25 cm). Pastry will be very thin and edges will be uneven. Place on a large, ungreased baking sheet.

SPRINKLE half of cheese and half of rosemary along edges of dough, forming a narrow border. Fold edges over to completely cover and press down to seal. Slice apples into thin wedges. Place in a large bowl. Sprinkle with remaining cheese and rosemary, Smart Sweetener Blend, 1 tbsp (15 mL) flour and cinnamon. Toss to evenly coat. Tumble apples over centre of pastry inside border. Evenly spread out and gently press down.

BAKE on bottom rack of oven until pastry is deep golden and apples are tender, 30 to 35 minutes. Place pan on rack.

TO GLAZE APPLES, discard any chunky pieces of fruit from jam. Place jam in a small bowl and microwave on medium-high until melted, about 30 seconds. Brush over warm apples. Let stand 10 minutes before cutting.

CUT into squares and serve warm. Great with vanilla ice cream or whipped cream.



Salted-almond Nanaimo bars

Prep 15 min | Total 2 hours 30 min | Makes 24

1/2 cup	unsweetened dessicated coconut, toasted	LINE an 8 x 8-in. baking pan with overhanging parchment.
3/4 cup	graham-cracker crumbs	COMBINE toasted coconut with graham cracker crumbs, 1/4 cup almonds and cocoa powder in a large bowl. Stir in 1/3 cup melted butter and coconut sugar.
1/3 cup	finely chopped salted roasted almonds, divided	Press evenly into prepared pan.
1/4 cup	cocoa powder	
1/3 cup	unsalted butter, melted	BEAT coconut sugar with 1/2 cup butter, custard powder, vanilla seeds and vanilla and almond extracts using an electric mixer on low, 1 min. Increase speed to medium-high and beat until pale and fluffy, 2 min. Spread evenly over base.
1 tbsp	Lantic & Rogers Organic Coconut Sugar	
Topping:		MICROWAVE chocolate in a small bowl, stirring halfway, until smooth, 1 to 2 min. Pour over custard, smoothing top. Sprinkle with remaining almonds. Chill until firm, 2 hours. Let stand 15 min, then cut into bars.
3/4 cup	Lantic & Rogers Organic Coconut Sugar	
1/2 cup	unsalted butter, at room temperature	
2 tbsp	custard powder	
1	vanilla bean, seeds scraped	
1/2 tsp	vanilla	
1/8 tsp	almond extract	
1 cup	semi-sweet chocolate chips	



Cinnamon-sugar snowshoes

Prep 25 min | Total 2 hours 10 min | Makes 8

3/4 cup	milk	SCRAPE dough out of mixer bowl into oiled bowl. Lightly oil top of dough and cover with a damp tea towel (not terry cloth). Let stand in a warm place until dough doubles in size, about 1 hour.
1 tsp	active dry yeast, (4 g)	
1 3/4 cups	all-purpose flour, (255 g)	DIVIDE dough into 8 portions. Roll each into a ball, then arrange on prepared sheet. Cover with same damp tea towel and let stand, 15 min.
2 tbsp	butter, melted	
1/4 tsp	salt, (1 g)	ROLL out each portion on a floured surface into 1/8 in. thick ovals. Transfer to prepared sheet. Cover with same damp tea towel and let stand, 15 more min.
Cinnamon Sugar:		
2/3 cup	Lantic & Rogers Organic Coconut Sugar	POUR oil into a large pot until it reaches 1 in. up the sides (about 6 cups). Clip a deep-fry thermometer to the side. Heat over medium until temperature reaches 325F. Adjust heat as necessary to keep temperature at 325F during cooking. Fry dough, 1 piece at a time, flipping often, until golden, 2 to 3 min. Drain on paper towels.
2 tsp	cinnamon, (2 g)	
1/4 cup	butter, melted	
	lemon wedges, optional	

MICROWAVE milk until warm, 45 sec. Pour into bowl of a stand mixer fitted with dough hook. Add yeast and stir. Let stand for 5 min.

ADD flour, 2 tbsp butter and salt. Beat on medium-low until dough forms a ball and is very smooth, about 5 min.

SPRAY a medium bowl with oil. Line a large baking sheet with parchment. Lightly spray with oil.



STIR coconut sugar with cinnamon on a plate until combined. Brush tops and bottoms of "snowshoes" with 1/4 cup butter.

DIP both sides into sugar until well coated. Serve with lemon wedges.



For more ways to use Lantic & Rogers Smart Sweetener Blend and Organic Coconut Sugar, visit lantic.ca/en/sweetenersredefined/



NEW CANADIAN CLASSICS

Double Maple Doughnuts

We partnered with President's Choice to give traditional recipes a modern makeover. First up: an iconic sweet treat

Double Maple Doughnuts

Makes 14 doughnuts & 14 doughnut holes

Prep 30 min; total 45 min

Plus 1 hour 30 min standing time

8 g active dry yeast (2 tsp)
 ½ cup granulated sugar, divided
 1 cup warm milk
 2 eggs
 ¾ tsp salt
 3 ½ cups all-purpose flour
 3 tbsp PC Unsalted Country Churned Butter, cubed and softened
 vegetable oil for frying

GLAZE

2 ¼ cups icing sugar, sifted
 ½ cup PC 100% Pure Maple Syrup
 2 tbsp 35% cream
 1 ½ cups chopped PC Maple & Bacon Popcorn Mix

1. Stir yeast, 1 tsp sugar and milk in the bowl of a stand mixer. Let stand for 10 min. Beat in eggs, remaining sugar and salt with dough hook on medium for 1 min. Add flour and beat dough until smooth, 5 min. Add butter, mixing for 3 min.
2. Form into a ball. Place in an oiled bowl, then cover with plastic wrap and let rise until doubled, about 1 hour.
3. Roll out dough on a floured surface to ½-in. thickness. Cut out 14 rounds with a 3-in. cutter, then cut out holes in centre of rounds with a 1-in. cutter. Re-roll scraps once, letting dough rest before cutting. Place doughnuts and doughnut holes on 2 floured baking sheets, 2 in. apart. Let rise, uncovered, for 30 min.
4. Clip a deep-fry thermometer to the side of a large pot and heat 1 ½ in. of oil over medium until temp reaches 325°F. Fry doughnuts, 4 at a time, flipping halfway, until golden, 2 min. Drain on a rack. Fry doughnut holes, 1 min.
5. For glaze, whisk icing sugar, maple syrup and cream until smooth. Dip doughnuts twice in glaze. Place on a rack and sprinkle with popcorn.

Per doughnut 239 calories, 4 g protein, 47 g carbs, 7 g fat, 1 g fibre, 108 mg sodium. Good source of folate.



125
Number of doughnuts Chatelaine made to perfect this maple-glazed recipe (plus 68 doughnut holes).

85
Percentage of the world's maple syrup produced by Canada.

500
Estimated age of the world's oldest maple tree, found in Niagara, Ont.



CANADA, WHAT ARE YOU BRINGING TO THE TABLE?

You and your friends could win a VIP trip to Ottawa for Canada 150 by showing us what you #EatTogether

HOW TO ENTER

1 Snap a picture of what you'd serve.



2 Post it on Instagram, Twitter or on the PC Facebook Timeline using the hashtag **#EatTogether** and **#PC150Contest**.

Contest ends April 30, 2017

• HQ Photo booth: 100% of HQ attendees used the photo booth, and 85% of HQ attendees said they used the photo booth to take a photo with a friend. HQ attendees also said they used the photo booth to take a photo with their family. HQ attendees also said they used the photo booth to take a photo with a friend.





You could have had a muffin and morning coffee. **But instead, you made a healthy smoothie with your Vitamix blender** that you found at The Shopping Channel. Discover a healthier you.



THE
SHOPPING
CHANNEL™

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CLASSIC MACARONI AND CHEESE 103

COMFORT ZONE

Fire up the oven and break out the cheese: These baked pasta recipes are exactly what you need to get through the last stretch of winter.

PHOTOGRAPHY
ROBERTO CARUSO
PROP STYLING
JENNIFER EVANS
FOOD STYLING
MICHAEL ELLIOTT



SPICY CHORIZO RIGATONI BAKE

Cured chorizo is a dried, ready-to-eat sausage and a good staple to boost the flavour of pastas or soups.



ONE-SKILLET PIZZA PASTA P. 105



Pepperoni and Italian
seasoning are the key to this
pasta's pizza-slice flavour.

Classic Macaroni & Cheese

Serves 8 to 10

Prep 15 min; total 55 min

3 cups macaroni
 ½ cup butter
 1 small onion, diced
 3 thyme sprigs
 2 garlic cloves, minced
 ¼ tsp salt
 ½ cup all-purpose flour
 4 cups milk
 2½ cups shredded old cheddar, divided
 1 cup shredded gruyère
 1 cup grated parmesan
 2 tsp Dijon mustard

1. Preheat oven to 425°F.
2. Cook pasta following package directions less 2 min, until just tender. Drain and set aside.
3. Melt butter in a large pot over medium. Add onion and cook until softened, 3 min. Add thyme, garlic and salt and cook for 1 min. Stir in flour with a wooden spoon until golden, 1 min. Gradually add milk, ½ cup at a time, over 2 min, stirring constantly. Increase heat to medium-high and continue to stir until mixture has just come to a boil and is slightly thickened, 4 to 5 min. Remove from heat.
4. Stir in 1½ cups of the cheddar and the gruyère, parmesan and Dijon until smooth. Stir in pasta, then scrape into a 9×13-in. casserole dish and top with remaining 1 cup cheddar.
5. Place on a baking sheet and bake until sauce is bubbly and topping is golden, 15 min. Let stand 10 min before serving.

Per serving 438 calories, 22 g protein, 33 g carbs, 24 g fat, 1 g fibre, 634 mg sodium. Excellent source of vitamin B₁₂.

Kitchen Tip: The key to a good baked mac & cheese is using lots of sauce, so it absorbs into and thickens

the noodles, and choosing 2- to 3-year-old cheddar for the best flavour.

One-Skillet Pizza Pasta

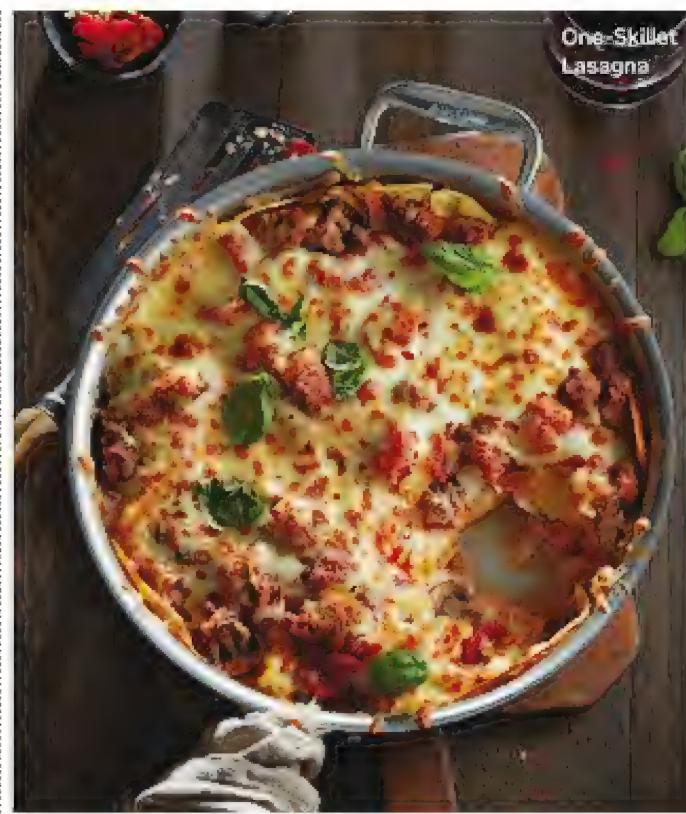
Serves 8

Prep 15 min; total 35 min

4 cups rotini
 3 slices bacon, chopped
 ½ green bell pepper, chopped
 1½ cups sliced cremini mushrooms
 3 garlic cloves, minced
 1 tsp Italian seasoning
 ½ tsp salt
 ½ tsp pepper
 250 g lean ground beef
 1 cup pepperoni slices, divided
 660-mL jar passata
 2 tsp granulated sugar
 2 cups shredded mozzarella
 2 tbsp chopped parsley

1. Cook pasta following package directions. Drain and set aside, reserving 1 cup cooking liquid.
2. Heat a large oven-safe frying pan over medium-high. Add bacon and cook, stirring, for 3 min. Add green pepper, mushrooms, garlic, Italian seasoning, salt and pepper and cook, stirring, for 3 min. Add beef and cook, breaking up with wooden spoon, for 4 min, then stir in ¾ cup of the pepperoni. Cook mixture for 2 min.
3. Stir in passata and sugar and reduce heat to medium-low. Simmer for 5 min. Add pasta and reserved cooking liquid and stir until combined. Sprinkle cheese and remaining ¼ cup pepperoni overtop.
4. Broil in centre of oven until cheese is melted and browned, about 3 min. Sprinkle with parsley.

Per serving 461 calories, 22 g protein, 42 g carbs, 22 g fat, 2 g fibre, 782 mg sodium. Excellent source of vitamin B₁₂.



One-Skillet Lasagna

Serves 8

Prep 30 min; total 1 hour 10 min

2 tsp olive oil
 1 large white onion, finely chopped
 3 Italian sausages, casings removed
 227 g sliced cremini mushrooms (3 cups)
 3 garlic cloves, minced
 ½ tsp hot-pepper flakes
 796-mL can plum tomatoes, chopped
 1 egg, beaten
 454-g tub smooth ricotta
 1½ cups grated parmesan, divided
 6 fresh lasagna noodles
 1 cup shredded part-skim mozzarella

1. Heat oil in a deep 10-in. oven-safe frying pan over medium-high. Add onion and cook until almost soft, 3 min. Add sausages and cook until browned, 3 to 4 min. Add mushrooms, garlic and

pepper flakes and cook until mushrooms are soft, 5 min. Stir in tomatoes and reduce heat to medium. Gently boil until sauce thickens slightly, 12 to 15 min. Transfer to a large bowl.

2. Stir egg, ricotta and ½ cup of the parmesan in a medium bowl.
3. Spread 1 heaping cup of the meat mixture in bottom of same frying pan. Cover with 2 lasagna noodles, cutting to fit pan. Layer with 1 heaping cup of meat mixture and half of the ricotta mixture. Repeat layers, ending with meat mixture.
4. Bring to a boil, then reduce heat to medium-low. Cover and simmer until noodles are cooked through, 12 to 15 min. Remove from heat. Sprinkle with remaining 1 cup parmesan and mozzarella.

5. Broil in centre of oven until cheese is melted and browned, 1 to 2 min.

Per serving 597 calories, 33 g protein, 57 g carbs, 26 g fat, 4 g fibre, 869 mg sodium. Excellent source of vitamin B₆.



Nacho Pasta Bake

Nacho Pasta Bake**Serves 8****Prep 15 min; total 30 min**

3 cups large pasta shells
 2 tsp oil
 450 g lean ground turkey
 1 jalapeno, seeded, diced
 4 green onions, chopped, white and green parts separated
 2 tbsp tomato paste
 1 tbsp chili powder
 2 tsp onion powder
 2 tsp garlic powder
 ½ tsp salt
 2 cups shredded monterey jack
 1½ cups crushed tortilla chips; plus more chips for garnish (optional)
 4 cocktail tomatoes, cut into wedges
 ½ cup chopped cilantro
 avocado slices (optional)
 sour cream (optional)

1. Cook pasta following package directions. Drain and set aside, reserving 1 cup cooking liquid.
2. Heat oil in a large oven-safe frying pan over medium-high. Add turkey, jalapeno and white parts of green onion and cook until the meat is browned, about 9 min. Reduce heat to medium. Add tomato paste, chili powder, onion powder, garlic powder and salt and cook for 1 min. Stir in pasta and reserved cooking liquid until combined. Remove from heat.
3. Sprinkle with cheese and chips. Broil in centre of oven until cheese is melted and chips begin to brown, checking often, 1 to 2 min. Top with tomatoes, cilantro and remaining green onions. Serve with more chips, avocado slices and sour cream.
- Per serving 325 calories, 20 g protein, 27 g carbs, 15 g fat, 2 g fibre, 366 mg sodium.

Kitchen Tip: To help heat-proof a pan's handle, double-wrap with foil.

Spicy Chorizo Rigatoni Bake**Serves 8 to 10****Prep 20 min; total 55 min**

450 g rigatoni
 250 g cured spicy chorizo sausage, chopped
 1 red bell pepper, chopped
 1 yellow bell pepper, chopped
 1 large onion, finely chopped
 ½ tsp salt
 4 garlic cloves, minced
 660-mL jar passata
 2 ½ cups shredded mozzarella, divided
 1 cup grated manchego, divided
 ¾ cup chopped basil, divided

1. Preheat oven to 400°F, then spray a 9×13-in. baking dish with oil. Place on a baking sheet.
2. Cook pasta following package directions. Drain and set aside, reserving ½ cup cooking liquid.
3. Heat a large frying pan over medium-high. Add sausage and cook until it begins to brown, about 3 min. Add both peppers, onions and salt and cook until peppers begin to soften, 6 min. Add garlic and cook for 1 min.
4. Stir in passata, pasta and reserved cooking liquid until coated. Stir in 1 cup of the mozzarella cheese, ½ cup of the manchego cheese and ½ cup of the basil.
5. Scrape into prepared dish. Cover with foil and bake for 20 min. Remove foil and sprinkle with remaining 1½ cups mozzarella cheese and ½ cup manchego cheese. Continue baking until cheese is melted, about 5 min.

Sprinkle with remaining ¼ cup basil.

Per serving 478 calories, 24 g protein, 43 g carbs, 23 g fat, 2 g fibre, 779 mg sodium. Excellent source of vitamin C.

Peas & Bacon Tortellini Alfredo**Serves 8****Prep 10 min; total 25 min**

600-g pkg fresh cheese tortellini
 4 slices bacon
 3 garlic cloves, grated
 ¼ cup chopped parsley; plus more for garnish (optional)
 1 cup 10% cream
 1 cup frozen peas, thawed
 ½ tsp salt
 ½ cup finely grated parmesan, divided

1. Cook tortellini following package directions. Drain and set aside, reserving ½ cup cooking liquid.
2. Heat a large non-stick frying pan over medium. Cook bacon, turning, until crispy, about 10 min. Drain on paper towel and discard all but 2 tbsp fat from pan. Add garlic and parsley and cook for 1 min. Add cream, peas, reserved cooking liquid and salt and bring to a boil. Reduce heat and simmer, stirring often, until cream has thickened slightly, 3 min.
3. Stir in tortellini and ½ cup of the parmesan cheese and toss until hot, about 2 min. Remove from heat. Crumble in bacon and stir in remaining ½ cup parmesan cheese and more parsley.
- Per serving 369 calories, 16 g protein, 44 g carbs, 15 g fat, 2 g fibre, 566 mg sodium. Good source of calcium.
- Kitchen Tip:** Serve this easy alfredo pasta with a fresh green salad.



Good *for* you

Small adjustments to your everyday routine can help you win big, with help from **THE SHOPPING CHANNEL™**. These simple and sustainable lifestyle tips can help improve your overall wellness, save you precious time, and don't involve having to spend hours at the gym.



RISE AND SHINE

Before you check your phone messages or pour a cup of coffee, get your morning moving by crossing cardio off the list! Take advantage of in-home solutions that can help burn

calories, like the **1 Bowflex Treadclimber**. It's a super-easy way to get your body's energy flowing. Tip: It reduces exercise time with an efficient, low-impact workout and burns 2.5 times the amount of calories as you would on a treadmill.

MIDDAY WIN

It's time for an energy boost! Slurp up a smoothie full of juicy flavours from your favourite concoctions of blended fruit with a **2 Vitamix** blender. Conveniently available online at **THE SHOPPING CHANNEL**, its powerful motor handles whole-food ingredients in a cinch. Tip: Freeze individual fruit packs on weekends so the prep work is done.

DAILY MAINTENANCE

It's easy to forget about your health throughout the day and let bad habits in over time. An easy way to stay on top of it, is to take your vitamins at the same time each day. You could also use this opportunity to get in your daily recommendation of vitamins and supplements, like the ones by **3 Vitatree**.



They use natural ingredients to help improve and maintain your health. Tip: Invest in a weekday pill box so you don't miss a day.

CHANGE IT UP

Switching up your workout cycle helps keep you motivated! The **4 Total Gym Supreme** is a versatile machine that allows you to perform more than 60 exercises right at home. The unique design lets you work out all the major muscles groups using one convenient sliding movement. Tip: Prep your morning chores, like laying out gym clothes or setting up the Vitamix, before you go to bed so you limit the barriers.



Taking practical steps toward a better lifestyle is possible, and doesn't have to be completely overwhelming! Drop by **THE SHOPPING CHANNEL** at **tsc.ca** to help you achieve your goals.



A FRESH NEW Cheesecake FOR Easter

Fresh Raspberry-Lemon Cheesecake Bars

Prep Time: 15 min.

Total Time: 6 hours 5 min. (incl. refrigerating)

Makes: 18 servings, 1 bar (96 g) each

What You Need

- 2 cups graham cracker crumbs
- 1 cup plus 2 Tbsp. sugar, divided
- 6 Tbsp. butter, melted
- 3 cups raspberries, divided
- 1 Tbsp. each zest and juice from 1 lemon, divided
- 4 pkg. (8 oz. each) Philadelphia Cream Cheese, softened
- 4 eggs

Make It

HEAT oven to 325°F.

LINE 13x9-inch pan with foil, with ends of foil extending over sides. Combine graham crumbs, 2 Tbsp. sugar and butter; press onto bottom of prepared pan. Bake 10 min.

RESERVE 1/2 cup raspberries and 1 tsp. lemon zest for later use.

BEAT cream cheese, lemon juice, remaining zest and remaining sugar in large bowl with mixer until blended. Add eggs, 1 at a time, mixing on low speed after each just until blended. Gently stir in remaining raspberries; pour over crust.

BAKE 35 to 40 min. or until centre is almost set. Cool completely.

REFRIGERATE 4 hours. Top with reserved raspberries and lemon zest. Use foil handles to remove cheesecake from

pan before cutting into bars.



It must be the Philly.

Cake walk

When time is short but baked goods are essential, reach for a quick bread recipe. These eight tasty loaves, cakes and muffins come together in the blink of an eye

Photography ERIK PUTZ | Food styling BESSIE MCDONALD-GUSSACK | Props JENNIFER EVANS

Chocolate-
Orange
Jaffa Cake

P 111





Blueberry
Crumb Cake

P 112



Classic
Lemon
Loaf
P 112



Best
Banana
Bread
P 112



Carrot Loaf
with Cream
Cheese Icing
Made from the
Streusel-Crunch
Spiced Carrot
Cake muffin recipe
P 111



Bran Muffins
P 111

Ultimate Cornmeal Muffins

P 111

Bakery-Style Chocolate Chip Muffins

Can be turned into a Chocolate Marble loaf

P 111

Streusel-Crunch Spiced Carrot Cake Muffins

P 111

Chocolate-Orange Jaffa Cake

Serves 12 to 14

Prep 20 min; total 2 hours

PAN

1 tbsp unsalted butter, softened

1½ tsp all-purpose flour

BATTER

1½ cups granulated sugar

2 tbsp orange zest

2½ cups all-purpose flour

1 tbsp baking powder

½ tsp salt

4 eggs

½ cup canola oil

½ cup strained orange juice (2 oranges)

½ cup buttermilk

2 tsp vanilla

GLAZE

½ cup finely chopped dark chocolate

½ cup 35% cream

2 tsp honey

1. Preheat oven to 350F.

2. Pan: Mix butter and flour in a small bowl, then brush inside a 10-cup Bundt pan. 3. Batter: Rub sugar and orange zest in a large bowl with hands to release the natural oil. Whisk in flour, baking powder and salt.

4. Whisk eggs, oil, orange juice, buttermilk and vanilla in a bowl. Stir into flour mixture until just combined. Pour into prepared pan.

5. Bake until a tester inserted into centre of cake comes out clean, 35 to 40 min. Cool for 20 min in pan. Remove cake to a rack and cool completely, about 40 min.

6. Glaze: Place chocolate in a small bowl. Heat cream in a small saucepan over medium-high, until bubbles start to form. Pour over chocolate and let stand 1 min. Stir until smooth. Stir in honey, then drizzle over cake.

Per serving 370 calories, 6 g protein, 44 g carbs, 19 g fat, 2 g fibre, 175 mg sodium. Good source of iron.

Ultimate Cornmeal Muffins

Makes 12 muffins

Prep 10 min; total 40 min

1½ cups all-purpose flour

1¼ cups cornmeal

1 tbsp baking powder

1½ tsp salt

3 eggs

1¼ cups milk

¾ cup granulated sugar

½ cup unsalted butter, melted

1. Preheat oven to 375F and spray a 12-cup muffin pan with oil.

2. Whisk flour, cornmeal, baking powder and salt in a large bowl. Using a hand mixer, beat eggs, milk, sugar and butter in a medium bowl until smooth. Stir into flour mixture until just combined (it's okay to see lumps).

3. Divide among prepared cups and bake until a tester inserted into centre of muffin comes out clean, 18 to 20 min. Cool in pan for 10 min. Remove from pan and serve warm.

Per muffin 269 calories, 6 g protein, 39 g carbs, 10 g fat, 1 g fibre, 393 mg sodium. Good source of vitamin B₁₂.

Bran Muffins

Makes 12 muffins

Prep 10 min; total 35 min

1½ cups wheat bran

1¼ cups buttermilk

¼ tsp baking soda

½ cup canola oil

½ cup packed light brown sugar

2 tbsp fancy molasses

1 egg

¾ cup sultanas or Thompson raisins

1 cup all-purpose flour

1 tsp baking powder

¼ tsp salt

1. Preheat oven to 375F and line a 12-cup muffin pan with paper liners.

2. Stir bran, buttermilk and baking soda in a large bowl. Let stand 10 min. Whisk oil, sugar, molasses and egg in another bowl until smooth. Stir into bran mixture until combined. Stir in raisins.

3. Whisk flour, baking powder and salt in a small bowl. Stir into bran mixture until just combined.

4. Divide among prepared cups and bake until a tester inserted into centre of muffin comes out clean, 15 to 18 min. Let cool in pan for 10 min. Remove muffins to a rack and let cool completely.

Per muffin 227 calories, 4 g protein, 32 g carbs, 11 g fat, 4 g fibre, 184 mg sodium. **Kitchen Tip:** Store muffins in resealable freezer bags and freeze for up to 3 weeks. Thaw at room temperature and microwave until just warm.

Bakery-Style Chocolate Chip Muffins

Makes 12 muffins

Prep 10 min; total 30 min

2½ cups all-purpose flour

1 cup granulated sugar

2 tsp baking powder

1 tsp baking soda

½ tsp salt

2 eggs

¾ cup buttermilk

½ cup unsalted butter, melted and cooled slightly

¼ cup hot water

2 tsp vanilla

1 cup semi-sweet chocolate chips, divided

2 tsp coarse sugar

1. Preheat oven to 375F and line a 12-cup muffin pan with paper liners.

2. Whisk flour, sugar, baking powder, baking soda and salt in a large bowl. Whisk eggs, buttermilk, butter, hot water and vanilla in a medium bowl. Stir into flour mixture until just

combined. Stir in ¾ cup of the chocolate chips until combined.

3. Divide among prepared cups. Sprinkle tops with remaining ¼ cup chocolate chips and coarse sugar. 4. Bake until a tester inserted into centre of muffin comes out clean, 16 to 18 min. Cool in pan for 10 min. Remove from pan and serve warm.

Chocolate Marble Loaf: Preheat oven to 350F and spray a 9×5-in. loaf pan with oil.

Follow chocolate chip muffin recipe, reserving 1 cup of the batter and without adding chocolate chips. Melt ½ cup chocolate chips and 2 tbsp hot water. Stir into reserved 1 cup batter until no streaks remain. Pour half of the plain batter into prepared pan. Top with chocolate mixture, then cover with remaining plain batter. Drag a paring knife through the batter 2 or 3 times. Sprinkle with coarse sugar and bake 50 to 60 min. Cool in pan on rack, 10 min. Remove from pan and cool on rack completely.

Per muffin 307 calories, 5 g protein, 44 g carbs, 14 g fat, 2 g fibre, 281 mg sodium. Good source of folate.

Streusel-Crunch Spiced Carrot Cake Muffins

Makes 12 muffins

Prep 20 min; total 50 min

STREUSEL

2 tbsp all-purpose flour

1 tbsp packed dark brown sugar

1½ tsp melted butter

BATTER

1¾ cups all-purpose flour

1½ tsp baking powder

½ tsp baking soda

1½ tsp cinnamon

¼ tsp ground ginger

¼ tsp allspice

¼ tsp salt

2 eggs

½ cup canola oil

½ cup buttermilk

1/2 cup granulated sugar
1/4 cup packed dark brown sugar
2 tsp vanilla
2 cups grated carrots
2 tbsp pepitas

1. Preheat oven to 375°F and line a 12-cup muffin pan with paper liners.
2. Streusel: Combine flour and brown sugar in a small bowl. Add butter and mix with hands until crumbly. Set aside.
3. Batter: Whisk flour, baking powder, baking soda, cinnamon, ginger, allspice and salt in a large bowl. Beat eggs, oil, buttermilk, both sugars and vanilla in a medium bowl, then stir into flour mixture until just combined. Stir in carrots.
4. Divide among cups, then sprinkle tops with pepitas and streusel. Bake until a tester inserted into centre of muffin comes out clean, 18 to 20 min. Cool in pan 10 min. Remove and serve warm.

Carrot Loaf with Cream Cheese Icing: Preheat oven to 350°F and spray a 9×5-in. loaf pan with oil. Follow carrot muffin recipe (omitting streusel). Scrape batter into prepared pan and bake until a tester inserted into centre of loaf comes out clean, 50 to 60 min. Cool in pan for 10 min. Remove from pan and cool completely. Icing: Beat 1/4 cup softened cream cheese with 1 cup icing sugar (add 1/2 cup at a time) in a bowl until fluffy. Beat in 1/2 tsp vanilla. Spread over cooled loaf and sprinkle with pepitas.

Per muffin 271 calories, 4 g protein, 31 g carbs, 15 g fat, 1 g fibre, 173 mg sodium. Excellent source of vitamin A.

Blueberry Crumb Cake

Serves 12

Prep 15 min; **total** 1 hour 40 min

TOPPING

1/4 cup cake-and-pastry

flour
1/4 cup packed brown sugar
1/4 cup granulated sugar
1/2 tsp salt
1/4 cup unsalted butter, melted

BATTER

1 1/2 cups cake-and-pastry flour
1/4 cup granulated sugar
2 1/2 tsp baking powder
1/2 tsp salt
1/2 cup unsalted butter, cubed, slightly softened
1 egg
1 tbsp lemon zest
1 tbsp lemon juice
1/2 cup sour cream
1/2 cup frozen wild blueberries
1 tsp cake-and-pastry flour
2 tsp icing sugar (optional)

1. Topping: Stir flour, both sugars and salt in a medium bowl. Stir in butter with a fork until crumbly. Set aside.
2. Batter: Preheat oven to 350°F and spray bottom of a 9-in. springform pan with oil, then line with parchment.
3. Beat flour, sugar, baking powder and salt in bowl of a stand mixer with paddle attachment until combined. Gradually add butter until fine crumbs form, 1 min. Add egg, lemon zest, lemon juice and sour cream to mixture and beat on low until just combined. Scrape sides and bottom of bowl with a spatula until mixture is evenly combined.
4. Toss blueberries with 1 tsp flour in a small bowl to coat. Add to batter and quickly stir 2 or 3 times. Scrape into prepared pan, smooth top and sprinkle with crumb topping. Bake until crumbs are golden and tester inserted into centre of cake comes out clean, about 40 min. Let cool in pan on rack for 15 min. Release pan, remove collar and let cool completely. Dust with icing sugar.

Per serving 287 calories, 3 g protein, 39 g carbs, 14 g fat, 1 g fibre, 222 mg sodium.

Kitchen Tip: Avoid blueberry streaks in the cake batter by measuring blueberries, then returning to freezer until needed. Tossing blueberries in flour just before adding to batter helps prevent discoloration too.

Classic Lemon Loaf

Serves 10

Prep 20 min; **total** 1 hour 20 min

BATTER

1 1/2 cups granulated sugar
2 tbsp lemon zest
2 1/2 cups all-purpose flour
1 tbsp baking powder
1/2 tsp salt
4 eggs
1/2 cup canola oil
1/2 cup buttermilk
2 tsp vanilla
1/4 cup lemon juice, strained

GLAZE

1 cup icing sugar, sifted
2 tbsp lemon juice, strained

1. Preheat oven to 350°F and spray a 9×5-in. loaf pan with oil.
2. Batter: Rub sugar and lemon zest in a large bowl with hands to release the natural oil. Whisk in flour, baking powder and salt.
3. Whisk eggs, oil, buttermilk and vanilla in a medium bowl. Stir into flour mixture until just combined. Stir in lemon juice. Pour into pan and bake until a tester inserted into centre of loaf comes out clean, 55 to 60 min.

4. Glaze: Whisk icing sugar and lemon juice in a small, microwave-safe bowl. Reserve 1/4 cup of the glaze. Stir 1 tbsp water into remaining glaze and microwave for 30 sec until warm. Brush over hot loaf. Allow loaf to cool for 10 min in pan. Remove to a rack. Brush with reserved glaze and let cool completely.

Per serving 447 calories, 7 g

protein, 67 g carbs, 18 g fat, 1 g fibre, 239 mg sodium. Excellent source of folate.

Best Banana Bread

Serves 12

Prep 10 min; **total** 1 hour 15 min

1 1/2 cups all-purpose flour
1 1/2 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
2 large overripe bananas, well mashed (1 cup)
1 cup light brown sugar
2 eggs
1/2 cup canola oil
1/2 cup buttermilk
1 1/2 tsp vanilla

1. Preheat oven to 350°F and line a 9×5-in. loaf pan with parchment.

2. Whisk flour, baking soda and salt in a medium bowl.

3. Whisk bananas, sugar, eggs, oil, buttermilk and vanilla in a large bowl until smooth. Stir in flour mixture until combined. Pour into prepared pan.

4. Bake until browned and a tester inserted into centre of bread comes out clean, 55 to 60 min. Cool in pan on a rack, 10 min. Remove from pan and let cool completely.

Per serving 236 calories, 4 g protein, 32 g carbs, 11 g fat, 1 g fibre, 159 mg sodium. Good source of folate.

Kitchen Tip: Peel overripe bananas and store in freezer bags for the best banana flavour.

Banana Muffins: Preheat oven to 375°F and line a 12-cup muffin pan with paper liners. Follow directions for banana bread recipe and divide batter among prepared cups. Top each with 2 small banana chips and bake until a skewer inserted into centre of muffin comes out clean, about 18 min. Cool in pan, 10 min. Remove muffins to rack and cool completely.

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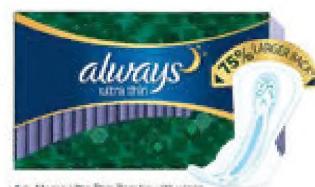


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March 1942

Best face forward

The times World War II was in its third year, Elizabeth Monk and Suzanne Raymond-Filion became two of the first female lawyers in Quebec and Aretha Franklin was born. **The spring cleaning target** Your face. Forget your closets — according to writer Jean Alexander, come March, “spring cleaning is the watchword in your beauty routine, too.” Because people eat heavier foods and get less exercise in winter, Alexander wrote, “those marks of wear and tear, which went almost unnoticed during the colder months, stand out with new clarity.” And so she recommended readers take an inventory of winter ravages: update their personal beauty aids and examine themselves with microscopic intensity “in a full-length mirror—in good, strong light.” Then she encouraged a battery of rich, nourishing creams, hot-oil hair treatments and a new lipstick sure to “do wonders for [one’s] morale.” After all, she said, “it’s no crime to be attractive in wartime—it’s a crime not to be.” — **Katie Underwood**



"Spring Check-up" by Jean Alexander



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